OUT OF LINES: Tackle wrinkles and other facial flaws with exercise | **Inside**

express

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Tuesday

WISAM SAMI/AFP/GETTY IMAGES

Iraqi troops carry the coffin of a slain soldier.

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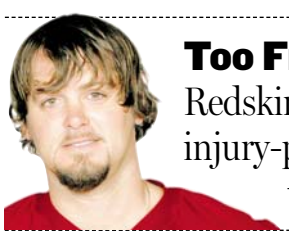

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Game Time: *Kyle Chandler* tackles 'Friday Night Lights.' Also, Daniel Pearl's story on HBO.

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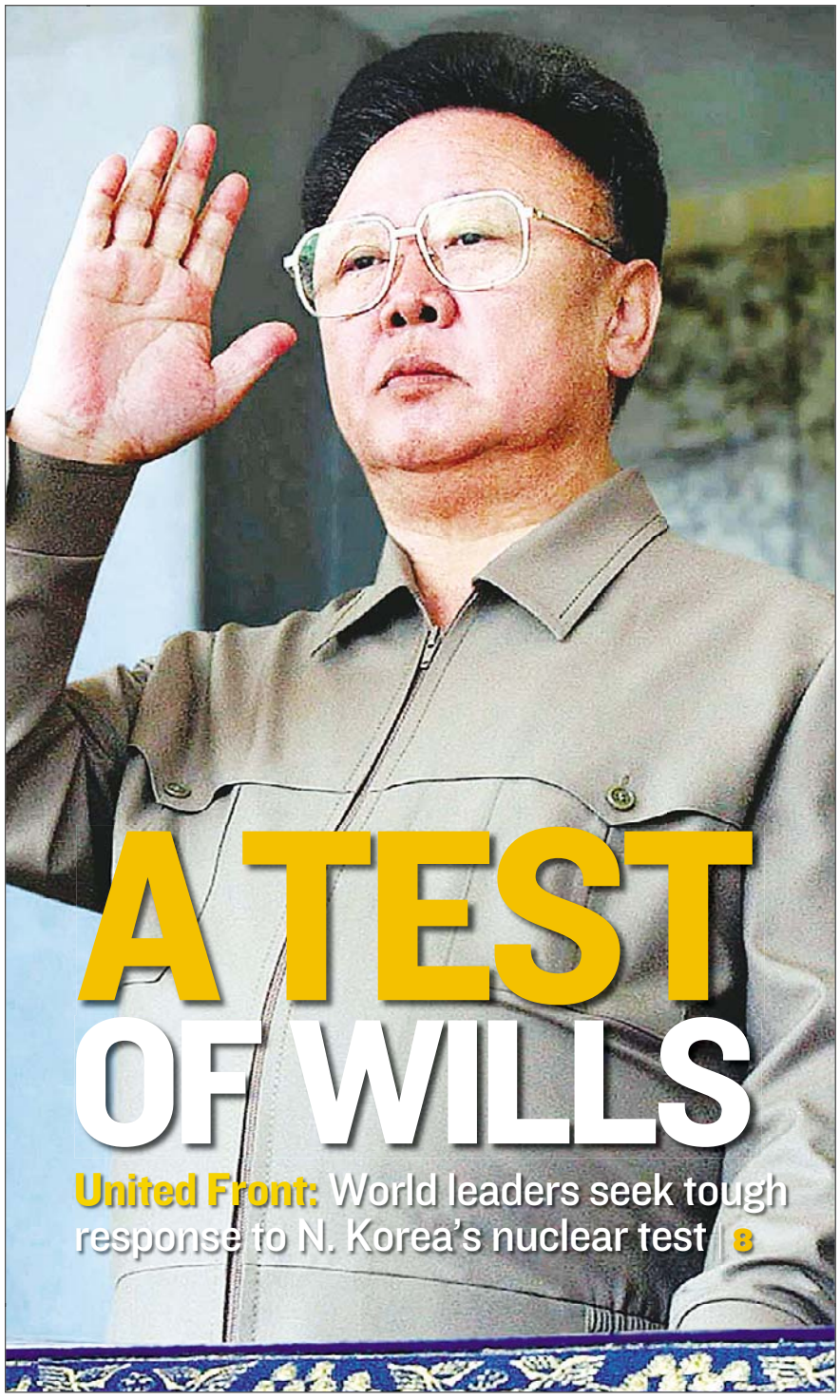


A TEST OF WILLS

United Front: World leaders seek tough response to N. Korea's nuclear test | 8

KCNA VIA KOREAN NEWS SERVICE/AFP/GETTY IMAGES

DEFIANT: Kim Jong-Il pushed ahead with a nuclear test on Monday over the world's objections.

Google to Purchase YouTube

Search giant will pay $1.65B for startup online video site

SAN FRANCISCO | Google Inc. is snapping up YouTube Inc. for $1.65 billion in a deal that catapults the Internet search leader to a starring role in the online video revolution.

The all-stock deal announced Monday unites one of the Internet's marquee companies with one of its rapidly rising stars. It came just hours after YouTube unveiled three agreements with media companies in an apparent bid to escape the threat of copyright-infringement lawsuits.

The price makes YouTube, a still-unprofitable startup, by far the most expensive purchase Google has made during its eight-year history.

Although some cynics have questioned YouTube's staying power, Google is betting that the popular Web site will provide it an increasingly lucrative marketing hub as more viewers and advertisers migrate from television to the Internet.

"We are natural partners to offer a compelling media entertainment service to users, content owners and advertisers," said Eric Schmidt, Google's chief executive officer.

YouTube will continue to retain its brand, as well as all 67 employees, including co-founders Chad Hurley and Steve Chen.

MICHAEL LIEDTKE (AP)

NEW PARTNERS
Risks and rewards in the buyout:
- YouTube draws a worldwide audience of more than 70 million people.
- YouTube has yet to make a profit and critics say copyright issues may bring down the site.

REMEMBERING | **Needle Knows** A mother in Penygroes, Wales, who was upset that she kept forgetting her five children's birthdays had the dates tattooed on her arms, the Daily Post reported. "Whenever I took my kids to the health clinic, I could never remember their birthdays off the top of my head, so I had their initials and date of birth tattooed," Vanda Jones said. "It's much easier." She also said she will no longer forget to buy presents or plan parties for the five children. (EXPRESS) EyeOpeners | Page 2

eyeOpeners

VOLUNTEERS

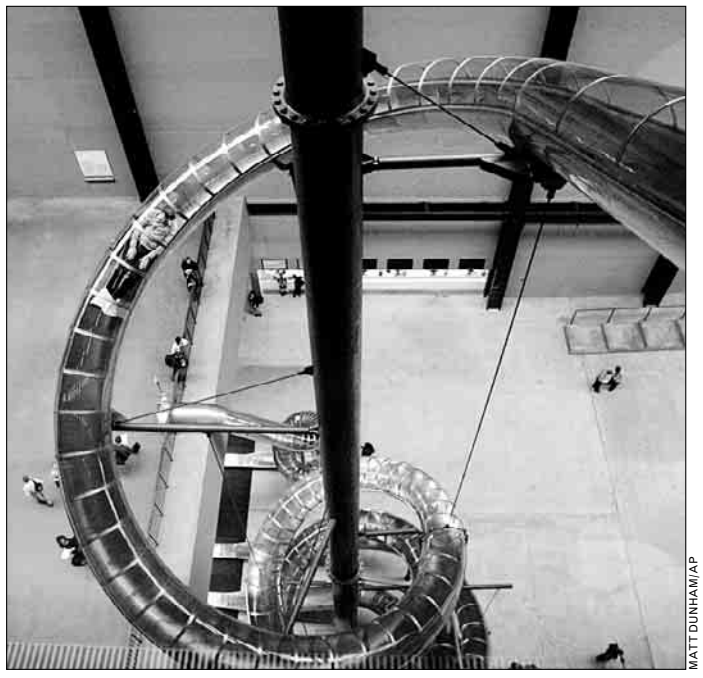
The Only Crack They Do Is to Open Books

Bronson, Fla., libraries are understaffed because retiree volunteers are refusing to submit their urine for drug tests, the Gainesville Sun reported. "It's not like we are a high-risk group for coming in drunk or high or stoned or whatever," said one volunteer. "This is just a common-sense issue — why are we spending tax money to test 75-year-old grandmothers for marijuana? We should be using that money to buy more books and computers." The pool of 55 volunteers — most between the ages of 60 and 85 — the libraries had usually used has since dwindled to only two. (EXPRESS)

CENSORSHIP

This Rand McNally Is Totally Offensive

Members of the Coeur d'Alene Tribe in Squaw Bay, Idaho, refer to it as the "S Word," but 93 creeks, canyons, peaks and springs in the state that include the name "squaw" are not so censored on maps. Most American Indians say it's a derogatory reference for a woman's genitals dating back to the frontier past. Now, members of the tribe are pushing to strike 13 references to the word from maps of Idaho. "It's been a long time coming to have such a derogatory word taken off our maps," tribal council member Norma Peon said. (AP)



MATT DUNHAM/AP

WHEEEEEEEEEEEEEEEEE!

Slide Rules

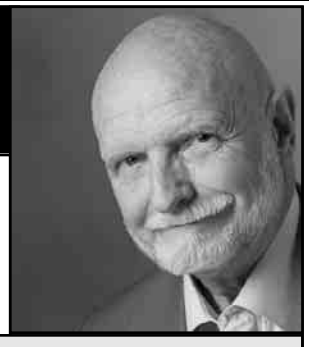
Hey, everyone, let's go, uh, experience the powerful message of that art exhibit a few more times. It would be hard to resist the simple fun of traveling down this slide chute, which forms part of Carsten Hoeller's art exhibit titled "Test Site," in the Turbine Hall of the Tate Modern gallery in London on Monday. Hoeller has installed five slides of varying length, with the longest reaching 180 feet, in the exhibit, which opens to the public on Tuesday and runs until April 9. (EXPRESS)

AFTER DEATH

Cremation Through Freezer Burn

Preston, England, is offering a new option for families of the deceased — freezing the body, the Sun reported. Through the process — called promession — the body and coffin are dipped in liquid nitrogen kept at -320 degrees Fahrenheit. The brittle pieces are then put on a vibrating pad, which disintegrates them into powder; metal separators picks up artificial items. The dust is then given to families in a biodegradable box. (AP)

Do you have tongue weakness, a tongue movement coordination problem, or swallowing difficulty?



Researchers at the National Institutes of Health (NIH) are conducting a research study to learn more about the structure and function of the tongue and how it is affected by aging and disease. A history and physical, MRI, and other studies are conducted during your participation.

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You may not qualify if:
- You have a pacemaker, metallic implant, or other form of metal in your body.
- You have a condition that severely affects your heart rate or breathing.

Duration of study:
- This is an outpatient study that requires 5 or more visits, each 1-2 hours long.
- All study related tests at the NIH Clinical Center are provided at no cost.

Location of study:
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- Parking is provided at no cost.

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THANKS, BUT NO THANKS: Some of Alaska's native villages are refusing free heating oil from Venezuela, on the principle that no foreigner has the right to call their president "the devil." The heating oil is being offered by a gas firm controlled by Venezuelan President Hugo Chavez.

Nation

In Brief

WASHINGTON

Army Tops Recruiting Goals After Dropping Standards

The U.S. Army recruited more than 2,600 soldiers under new lower aptitude standards this year, helping the service beat its goal of 80,000 recruits in the throes of an unpopular war and mounting casualties. The recruiting mark comes a year after the Army missed its recruitment target by the widest margin since 1979. The Army recruited 80,635 soldiers, roughly 7,000 more than last year. (AP)

SAN FRANCISCO

Company Searches for Remaining Recalled Lettuce

The company that recalled its lettuce after irrigation water tested positive for E. coli scrambled Monday to locate 250 remaining cartons of the greens, which could be scattered across seven Western states. On Sunday, Nunes Co. recalled more than 8,500 cartons of green leaf lettuce grown on one farm in the Salinas Valley, the agricultural region at the center of the contaminated-spinach outbreak that killed three people and made 199 others sick. (AP)

A Diet for Your Brain

➜ Scientists say a "Mediterranean diet" — one rich in fruits, vegetables, olive oil and fish— might reduce the odds of getting Alzheimer's. | Today, A Section

IN The Washington Post

Baker Panel Prepares Iraq Options

Ex-secretary of state proposes alternatives to 'stay-the-course' plans

WASHINGTON | James A. Baker III, the former secretary of state with a long-standing reputation of service to Republican presidents and the Bush family in particular, has joined a list of prominent Republicans raising questions about the administration's Iraq policy.

Co-chairman of a bipartisan commission studying what to do next in the war-torn country, Baker said his panel is preparing to recommend that President Bush consider options other than his "stay-the-course" strategy in Iraq.

"Our commission believes that there are alternatives between the stated alternatives, the ones that are out there in the political debate, of stay the course and cut and run," the former secretary of state said.

Partisan critics of Democratic proposals to consider drawing down U.S. troops in Iraq at times call that kind of talk a "cut and run" strategy.

Baker did not disclose specific proposals that might be adopted by the commission, which plans to issue its report after the November congressional elections. But his remarks Sunday on the ABC's "This Week" were the latest in which a high-profile Republican has seemed to say it is time for the administration to consider other alternatives in Iraq.

Baker

White House spokesman Tony Snow said that when the commission makes its proposals, "We are going to take them seriously." Asked if the administration would make changes after the election, Snow said "There are tactical and strategic changes and adjustments that are made all the time.

The mounting U.S. costs of the Iraq war — more than $300 billion and more than 2,700 American troops dead — has taken a toll on Bush's popularity and on Republican prospects for retaining control of Congress in the Nov. 7 elections.

Just last week, Senate Armed Services Committee Chairman John Warner, R-Va., returned from a trip to Iraq to say the war there was "drifting sideways." Warner, usually an administration loyalist, said that if Iraqis do not made progress in three months to reduce ethnic fighting and bolster reconstruction efforts, Congress would have to make "bold decisions." BARRY SCHWEID (AP)

NEW YORK | ITALIAN PRIDE ON COLUMBUS DAY

HENNY RAY ABRAMS/AP

DANCING IN THE STREET: Eco Del Gargano, a traditional Apulian folk group from San Giovanni Rotondo in southern Italy, marches in the Columbus Day Parade along Fifth Avenue in New York City on Monday.

Doctors Urge More Playtime for Children

Unstructured activity helps kids be creative, pediatricians report

CHICAGO | The American Academy of Pediatrics says what children really need for healthy development is more good old-fashioned playtime.

Many parents load their children's schedules with get-smart videos, enrichment activities and lots of classes in a drive to help them excel. The efforts often begin as early as infancy.

Spontaneous, free play — whether it's chasing butterflies, playing with "true toys" like blocks and dolls, or just romping on the floor with mom and dad — often is sacrificed in the shuffle, a new academy report says.

Numerous studies have shown unstructured play has many benefits. It can help children become creative, discover their own passions, develop problem-solving skills, relate to others and adjust to school settings, the academy report says. LINDSEY TANNER (AP)

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Nation

190 **The number of fraud cases** Louisiana has investigated in Katrina claims, leading to more than 30 arrests. Mississippi has probed more than 350 cases and arrested 10 people.

Dean Campaigns in Maine

Party chair rallies for Democratic candidates ahead of fall elections

PORTLAND, MAINE | Howard Dean talked up Democrats, talked down Republicans and went door-to-door in a Portland neighborhood on Monday to rally Democrats for the upcoming election.

Dean, chairman of the Democratic National Committee and a former Vermont governor, and Maine Gov. John Baldacci spoke to about 150 people at a breakfast fundraiser at the Italian Heritage Center before knocking on doors in a heavily Democratic Munjoy Hill neighborhood.

Accompanied by a gaggle of reporters and cameras, Dean and Baldacci stopped at four houses to tout the Democratic message.

One of them was owned by Jon Radtke, a high school teacher who said it's important for Democrats to conduct a grassroots effort to remind voters what's at stake in the Nov. 7 election.

Dean

Earlier in the morning, Dean told party supporters at a fundraiser that Americans can't trust Republicans with their money or to defend the country. The Maine Democratic Party asked for contributions of $29.29 because the event took place 29 days before the election.

While Bush likes to talk tough, Osama bin Laden is still on the loose, North Korea announced it has tested a nuclear device and Iran has threatened to do the same, Dean said.

"You've got to be tough and smart, not just tough and talking tough at election time," Dean said. For the governor's race, Dean called Baldacci's Republican opponent, Chandler Woodcock, a "clone of George Bush."

"If you like what George Bush is doing, you ought to vote for Chandler Woodcock," he said. CLARKE CANFIELD (AP)

DAN MARSCHKA/AP

Churches throughout Lancaster County tolled their bells in remembrance of the Amish shooting victims at 10:45 a.m., the time the siege began a week earlier.

Church Bells Toll for Pa. Amish Victims

Community marks the one-week anniversary of schoolhouse attacks

GEORGETOWN, PA. | Church bells tolled across Amish country Monday morning in memory of five young girls who were fatally shot in their tiny, one-room schoolhouse one week earlier.

The survivors of that attack will eventually resume classes in another building, already being stocked with donations of stuffed animals and school supplies.

"Their objective right now is to get back to life, as normal as they can, [and] get the children back to a normal school," Bart Township Fire Company spokesman Mike Hart said Monday.

Charles Carl Roberts IV, a 32-year-old milk truck driver and father of three, took 10 girls hostage at the school on Oct. 2 and shot all of them, killing five. A county coroner said Sunday that one of the wounded girls was not expected to survive.

Monday morning, churches throughout Lancaster County tolled their bells in remembrance of the victims at 10:45 a.m., the time the siege began a week earlier. (AP)

Woman Accused Of Using Newborn Baby as Weapon

ERIE, PA. | A woman used her 4-week-old baby as a weapon in a domestic dispute, swinging the infant through the air and striking her boyfriend with the child, authorities said. The boy was in serious but stable condition Monday at Children's Hospital in Pittsburgh, police said.

"Never, never, never. I can never remember anything like this," District Attorney Bradley Foulk told the Erie Times-News.

Chytoria Graham, 27, of Erie, was charged with aggravated assault, reckless endangerment and simple assault. She was held Monday in the Erie County Jail in lieu of $75,000 bail.

The infant, whose name was not released, suffered a fractured skull and some bleeding in the brain, authorities said. His head hit Graham's boyfriend, the baby's father, police said. (AP)

WHO KNEW? A five-year-long archaeological project has unearthed remains of a merchant's establishment in Fort Edward, N.Y., dating to the French and Indian War. (AP)

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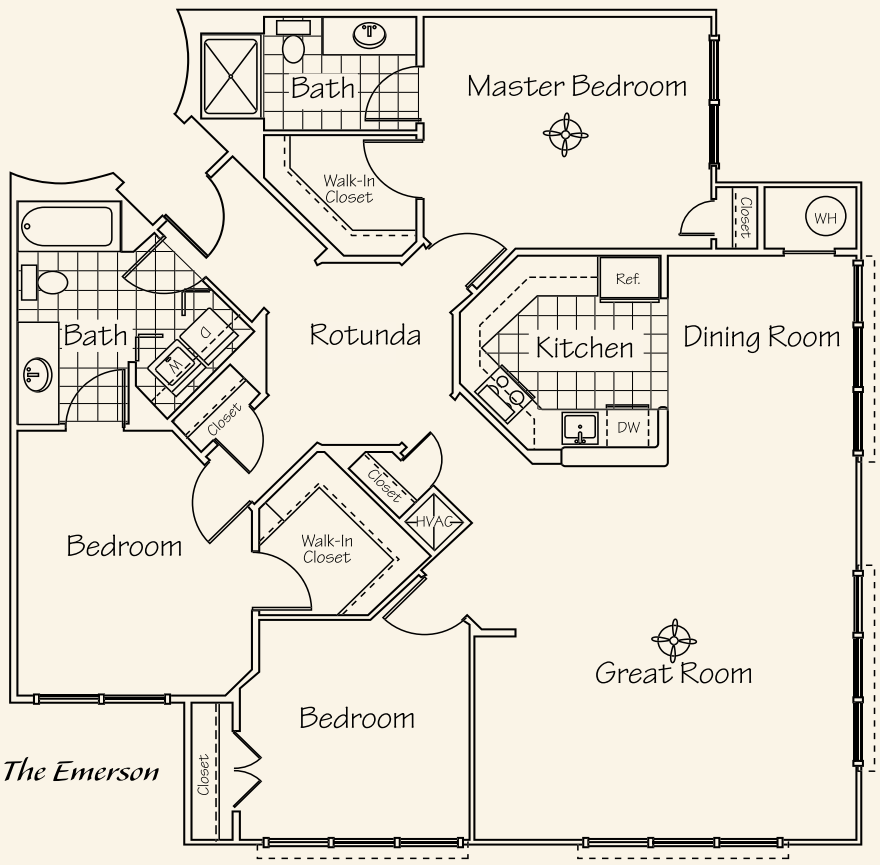

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Nation

MIKE GULLETT/AP

Erin Hernandez, left, talks with her daughter Charlena after a 13-year-old boy fired an assault rifle at Joplin Memorial Middle School on Monday in Joplin, Mo.

Teenager Fires Gun in Mo. School

13-year-old points an assault rifle at students; no injuries reported

JOPLIN, MO. | Fascinated by the Columbine bloodbath, a 13-year-old boy in a black trench coat and mask carried an assault rifle into his school Monday, pointed it at students and fired a shot into a ceiling before the weapon jammed, authorities said. No one was hurt.

"Please don't make me do this," he was quoted as telling administrators before police arrested him and thwarted what they called a "well-thought-out plan" to terrorize his school.

Police said a note in the student's backpack indicated he had planted an explosive in the school, but no bombs were found.

Lt. Geoff Jones said the boy's motives were unclear. School officials said the student had no major disciplinary problems.

The seventh-grader, whose name was not immediately released, pointed the gun at two students inside Joplin Memorial Middle School but was confronted by an administrator who tried to talk him into putting down the gun, Jones said.

The boy refused and fired a shot into the ceiling of an entryway, police said. He tried to continue firing but the rifle jammed, Jones said. Jones said he did not know whether the boy was aiming at anyone.

The student left, and officers arrested him behind a nearby building. Police described his weapon as a Mac-90, a replica of an AK-47 assault rifle.

Superintendent Jim Simpson said police told him the boy had a fascination with the Columbine High School shooting that left 15 people dead near Littleton, Colo., in 1999. (AP)

King Papers Displayed in Atlanta

ATLANTA | The Rev. Martin Luther King Jr.'s 78th birthday in January will feature a gift to the city: the first public viewing of more than 10,000 of his documents, notes and other personal items.

Pieces of the King Collection — from a term paper he wrote as a student at Atlanta's Morehouse College to a draft of his "I Have A Dream" speech — will be on display at the Atlanta History Center.

This summer, Mayor Shirley Franklin led efforts to acquire the papers from Sotheby's auction house, which had planned a sale. (AP)

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World

ROCK STAR: The world's 15th-largest rough diamond — about the size of a golf ball and dubbed the "Lesotho Promise" — was bought by a South African diamond cutting company Monday for $12.36 million at the end of a silent bid competition in Belgium.

Outcry Follows N. Korea Nuke Test

U.N. council weighs strong sanctions after claim of atomic blast

SEOUL, SOUTH KOREA | North Korea faced global condemnation and calls for harsh sanctions Monday after it announced it had set off an atomic explosion underground, a test that thrusts the secretive communist state into the elite club of nuclear-armed nations.

The United States, Japan, China and Britain led a united chorus of criticism, with President Bush saying the reported test poses a threat to global peace and security, and "deserves an immediate response" by the U.N. Security Council, which met to discuss the crisis.

Bush said he had called the leaders of South Korea, China, Russia and Japan, and all had reaffirmed a commitment to a nuclear-free Korean peninsula.

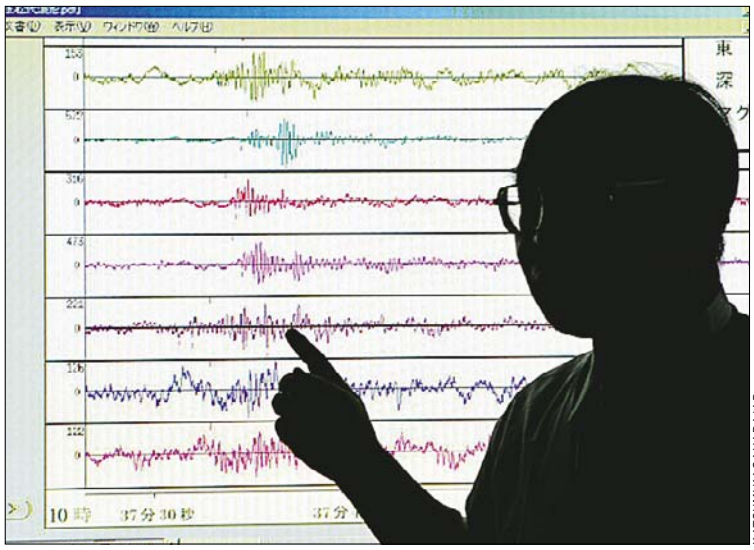
The reported test came one day after the ninth anniversary of reclusive North Korean leader Kim Jong Il's accession to power.

Members of the 15-nation Security Council were unanimous in denouncing the claim amid worldwide concern that it could seriously destabilize the region, with even North Korean ally China saying it strongly opposed to the move.

The Security Council had warned the impoverished and isolated nation just two days earlier not to go through with a test, and U.S. Ambassador John Bolton said Washington will seek U.N. sanctions to curb North Korea's import and export of material for weapons of mass destruction, as well as its illicit financial activities.

Bolton and key U.S. allies, including Britain and France, said they would seek a resolution under Chapter 7 of the U.N. Charter that would seek punishing measures, going beyond the limited sanctions in a measure adopted by the council in July after North Korea conducted seven missile tests.

North Korea's U.N. ambassador Pak Gil Yon said the Security Council should congratulate his country instead of passing "useless" resolutions or statements. (AP)



KATSUMI KASAHARA/AP

SHAKEN UP: A staff member at Japan's Meteorological Agency in Tokyo examines a seismic wave believed to have been caused by the North Korean nuclear test.

An Uncertain Future

➜ North Korea may have gained bragging rights as a new nuclear power, but the question now is whether its leaders can survive the political fallout. | Today, A Section

IN The Washington Post

➜ Was It a Nuclear Blast?

North Korea set off an explosion — and claims it was nuclear. Was it? For scientists, that was not a quick and easy question to answer.

➜ **The natural** sound of the Earth, with its constant seismic activity of tectonic plates grinding together, complicates the task of trying to determine whether a smaller blast was caused by conventional explosives or a nuclear device, said Xavier Clement of France's Atomic Energy Commission. Clement said it could take days before scientists can declare with certainty whether the explosion was nuclear.

➜ **While the North Korean** explosion was relatively small, potentially complicating monitoring efforts, sensors in South Korea were likely close enough to categorize it as nuclear, if that is what is was, said Friedrich Steinhaeusler, professor of physics at Salzburg University. (AP)

Gunmen Assassinate Kin of Iraqi VP

BAGHDAD, IRAQ | The brother of Iraq's Sunni Arab Vice President Tariq al-Hashimi was assassinated Monday by gunmen who broke into his home, the third of the politician's four siblings to be slain this year. Sunnis blamed Shiite militias and demanded a crackdown to stop the capital's raging sectarian violence.

Iraqi authorities, meanwhile, arrested the head of the mess hall at a base where up to 400 mainly Shiite policemen suffered food poisoning during a Ramadan meal amid concerns it may have been the first known attempt by insurgents to carry out a mass poisoning against police.

A military spokesman, Brig. Qassim al-Moussawi, said the poisoning likely was intentional, though he did not rule out that spoiled food was used in the meal as part of a scheme to skim off money from food funds.

Gunmen also kidnapped 11 policemen in a brazen assault on their checkpoint in Sadr City, a Baghdad neighborhood dominated by the Mahdi Army, the country's most powerful Shiite militia. (AP)

Irish Leaders Hold Historic Meeting

BELFAST, NORTHERN IRELAND | Protestant hard-liner Ian Paisley, who has long denounced the Roman Catholic Church as corrupt and heretical, met the leader of the church in Ireland for the first time Monday.

The event was timed to signal Paisley's willingness to work with Catholics on the eve of negotiations to revive power-sharing in Northern Ireland, the central goal of the Good Friday peace accord of 1998.

Britain and Ireland, which are leading three days of multiparty negotiations starting Wednesday in Scotland, have given the Northern Ireland Assembly a Nov. 24 deadline to elect a power-sharing coalition or be shut down. (AP)

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FIX IT: A team of Italian experts will travel to Iran next month to begin a delicate restoration project on an ancient tower in Bam, the historic city flattened by an earthquake in 2003, officials said.

World

S. Korean Set to Lead U.N.

Security Council votes for Ban Ki-Moon to be new secretary-general

UNITED NATIONS | The Security Council nominated South Korean Foreign Minister Ban Ki-Moon by acclamation Monday to succeed Kofi Annan as the next U.N. secretary-general and the veteran diplomat said he would work to resolve the crisis over North Korea's nuclear ambitions heightened by its just-concluded test.

Japan's U.N. Ambassador Kenzo Oshima announced the result with "much pleasure" after the council, at a private meeting, voted to recommend Ban. The 62-year-old South Korean foreign minister who topped four informal polls was the only candidate left in the race.

Oshima said the council met its goal of making a recommendation to the General Assembly by October. He said he asked the 192-nation world body to act promptly to give final approval to Ban so he can have a sufficient transition before taking over as U.N. chief on Jan. 1, after Annan's second five-year term ends.

CHUNG SUNG-JUN/GETTY IMAGES

TAKING THE REINS: South Korean Foreign Minister Ban Ki-Moon, seen here in Seoul on Monday, is on track to succeed Kofi Annan as the next chief of the U.N.

In Seoul, Ban told reporters that if the General Assembly appoints him, he would "contribute as much as I can to the resolution of all kinds of problems including the North Korean nuclear issue that may threaten international peace and security."

"This should be a moment of joy. But instead, I stand here with a very heavy heart," Ban said. "Despite the concerted warning from the international community, North Korea has gone ahead with a nuclear test."

Ban's selection was marked by unprecedented speed, consensus and calm. In years past, the choice of a U.N. chief, including Annan, has often meant rancorous negotiations, numerous ballots and handshake deals. (AP)

Putin Vows to Pursue Politkovskaya's Killers

Russian leader decries 'tragic death' of top Chechen war reporter

MOSCOW | President Vladimir Putin pledged to President Bush on Monday that authorities would do everything they could to find the killers of an investigative journalist who was a fierce critic of Kremlin policy toward Chechnya.

In a phone conversation with Bush, Putin said "all necessary efforts will be made for an objective investigation into the tragic death" of Anna Politkovskaya, who was gunned down in an apparent contract killing Saturday.

Putin's remarks were his first statement about the slaying of the award-winning reporter who uncovered abuses in Chechnya.

Her newspaper has offered a reward of nearly $1 million for information that would help solve the crime, which provoked worldwide condemnation and shone the spotlight on Russia as one of the most dangerous countries for journalists.

Putin

Her colleagues said she had been working on a story about torture and abductions in Chechnya — abuses she blamed on Moscow-backed Prime Minister Ramzan Kadyrov.

Kadyrov expressed condolences over Politkovskaya's death and denied any "Chechen trace" in the killing. MARIA DANILOVA (AP)

American Wins Nobel Prize For Economics

NEW YORK | A U.S. economist who developed theories about unemployment that better capture how workers and companies actually make decisions about jobs has been named winner of the Nobel Memorial Prize in Economic Sciences.

Edmund S. Phelps, 73, a professor at Columbia University in New York, was cited Monday for research into the relationship between inflation and unemployment, giving governments better tools to formulate economic policy.

Americans have swept all the Nobel Prizes announced so far this year. Two other Nobel Prizes have yet to be announced — the winner of the prize for literature will be announced Thursday, followed by the Nobel Peace Prize on Friday. (AP)

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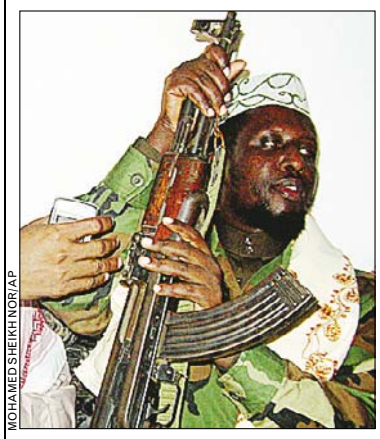

MOHAMED SHEIKH NOR/AP

Islamic leader Sheik Sharif Sheik Ahmed speaks to the media on Monday.

'Holy War' Declared On Ethiopia

Islamic militia decries reported entry of troops into Somalia

MOGADISHU, SOMALIA | An Islamic militia that has seized much of southern Somalia declared a holy war Monday against Ethiopia, accusing its neighbor of deploying thousands of troops to prop up the country's weak, U.N.-backed government.

"I urge all the Somali people to wage holy war against the Ethiopians," said top Islamic leader Sheik Sharif Sheik Ahmed, holding aloft an AK-47 assault rifle.

"Ethiopian troops have intentionally invaded our land," he said. "We will counter them soon."

His comments came hours after residents said hundreds of Ethiopian and government troops forced Islamic fighters to abandon Bur Haqaba, a strategic hilltop town.

Sheik Yusuf Indahaadde, the national security chairman for the Islamic group, claimed 35,000 Ethiopian troops were on Somali soil. Foreign observers, however, have put the number in the hundreds.

Somalia has not had an effective national government since 1991, when warlords overthrew dictator Mohammed Siad Barre and then turned on one another, throwing the country into anarchy. (AP)

FREE RIDE

The latest on today's local news from the staff of Express.

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X120dC 4x2

UNDER FIRE: Md. Gov. Robert Ehrlich's administration acted "in an irrational manner" when it fired state employees, and some were fired for political reasons, violating constitutional rights and state law, a draft report for an Assembly committee says.

Local

Protesters Stay in Gallaudet Hall

University president says opposition at his ceremony 'shameful'

WASHINGTON | Gallaudet University President I. King Jordan reaffirmed his support Monday for the person chosen to replace him, as students continued to occupy a campus building for a fourth day in protest.

Jordan called disruptions from protesters at a ceremony Thursday marking his upcoming departure, "shameful."

"Nothing excuses their assault on me and the disrespect shown to my family," Jordan said. "Those who have acted unlawfully must take responsibility for those actions and will face the consequences of their actions."

Hundreds of students have barricaded themselves in Hall Memorial Building since Thursday, demanding the university's board of trustees hear their opposition to former Provost Jane Fernandes as the university's new president.

"I am saddened and disturbed," president-elect Fernandes signed Monday. "I am disturbed that we have this serious division in our community. I'm looking forward to listening to everyone's issue and working with them to resolve this. I know we can do this."

The university has called attempts by protesters to disrupt classes and block doors to the building illegal, and campus police have tried to reopen the building. Midterm exams are scheduled to begin this week. (AP)

Caught off guard: Fernandes thought progress was being made before new protests. **Today's Post, Metro**

Fire Attack Victim Aids Program

Survivor joins project that uses churches to fight domestic violence

FORT WASHINGTON, MD. | A year after being set on fire by her estranged husband, survivor Yvette Cade is joining a program to fight domestic violence through churches across the region.

Project Safe Sunday is in its fourth year of an effort to involve clergy in encouraging victims to report abuse and leave violent homes. The program, founded by Debra Williams in 2003 after she lost her sister in a domestic violence slaying, also urges abusers to seek help.

"One year later, I am here as a witness, a survivor and a soldier on the battlefield for Christ," Cade, 33, told a congregation of more than 300 on Sunday at Fort Foote Baptist Church. "Stop the domestic violence. Please."

Cade was attacked in September 2005, three weeks after a judge dismissed a protective order against her estranged husband, Roger B. Hargrave. (AP)

WASHINGTON | DISCOVER GUARD

LAWRENCE JACKSON/AP

A WHOLE NEW WORLD: The Knights of Columbus Honor America Corps participate in a Columbus Day celebration held outside Union Station in Washington on Monday. The federal government closed for the holiday.

In Brief

WASHINGTON

Nationals Owners: We Want To Promote Redevelopment

Ted Lerner and his family remain committed to getting the Washington Nationals into their new stadium in time for the 2008 baseball season. Lerner's son-in-law said the family considers the stadium the key to everything, and that includes redevelopment of the Anacostia Waterfront. The Lerners have been meeting regularly with city officials to discuss details for the $611 million stadium that's being financed by the city. The Lerners don't want to cover cost overruns. (AP)

GAITHERSBURG, MD.

Police Try to Determine Cause of Young Boy's Death

County police tried to determine Monday how a 23-month-old boy died after he was found in the same apartment as his father, who had killed himself. Police found the boy, Jacob Matthew Dunn, and his father, Gerald Robert Wells, Sunday night in Wells' home. The boy was unresponsive on a bed, while Wells was in a bathroom with a self-inflicted gunshot wound. The child's mother called police after she went to the apartment, found the door locked and saw her son on the bed through a window, according to police. (AP)

Reporting back: Officials wait for autopsy results to see if boy was slain in the incident. **Today's Post, Metro**

Lawyer's Murder Remains Unsolved

WASHINGTON | Police are continuing to investigate the August murder of a young attorney from Oakton, Va.

Robert Wone was found stabbed in the guest room of a Dupont Circle home and was pronounced dead a short time later at a hospital.

Three of Wone's friends were in the house at the time of the stabbing, but they have said an intruder entered the house and attacked Wone while they were sleeping. (AP)

The Lotteries

Monday, October 9

DISTRICT

Mid-day Lucky Numbers	1-4-0
Mid-day DC 4	5-3-8-9
Mid-day Pick 3	4-6-9
Mid-day Pick 4	1-6-1-9

MARYLAND

Mid-day Pick 3	9-3-3
Mid-day Pick 4	9-6-5-9
Mid-day Cash 5	1-4-7-15-23

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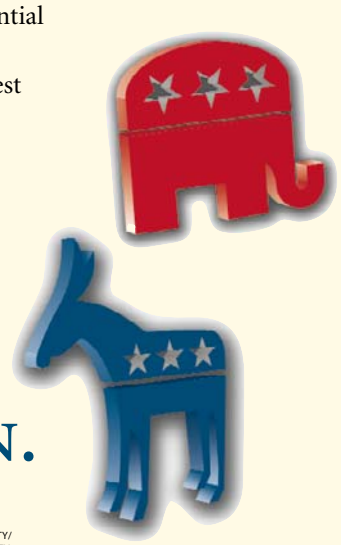

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Money

Top Airbus Official Resigns

Streiff's departure is latest blow for the troubled planemaker

PARIS | Airbus chief executive Christian Streiff resigned Monday after a little more than three months as head of the troubled European planemaker and parent company EADS named one of its own co-CEOs to replace him.

European Aeronautic Defence and Space Co. said in a statement Louis Gallois will succeed Streiff in the top job at Airbus while continuing in his current role as joint head of the Franco-German defense group.

Streiff's departure deals a fresh blow to crisis-hit Airbus. The planemaker, which stunned investors in June by doubling the A380's production delay to one year, doubled it again this month to two years and said the holdups would wipe $6.1 billion off EADS profits over four years.

Streiff took over as Airbus CEO just over three months ago, replacing Gustav Humbert — who was ousted along with EADS co-CEO Noel Forgeard as a result of the A380 production crisis.

EADS didn't say in the release announcing Streiff's resignation why he was leaving.

In an interview for Tuesday's edition of the French daily Le Figaro, Streiff said he had not been allowed the "necessary operational powers" to do the job effectively and welcomed as "a step in the right direction" the combination of the Airbus and EADS roles. LAURENCE FROST (AP)

ERIC CABANIS/AFP/GETTY IMAGES

Christian Streiff stepped down Monday as CEO of Airbus, three months after taking the position. Louis Gallois will take over the troubled planemaker.

PNC Buys Mercantile Bankshares

PITTSBURGH | PNC Financial Services Group Inc., one of the nation's largest regional banks, said Monday it is buying Baltimore-based Mercantile Bankshares Corp. for about $6 billion as part of an expansion plan targeting wealthy, fast-growing markets.

The Pittsburgh company said the cash-and-stock deal will further its growth along the affluent New Jersey-to-Washington corridor, adding hundreds of new branches in Maryland, the District of Columbia, Virginia and Delaware.

"I think it's fairly self-evident that the combination of Mercantile and PNC will be a Mid-Atlantic powerhouse," said James E. Rohr, PNC's chairman and chief executive. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
BrshEMat	26.77	+2.75	+11.4
CablvNY s	26.50	+2.57	+10.7
SantndBcp	19.80	+1.85	+10.3
MarineP	10.96	+.96	+9.6
GrafTech	6.11	+.46	+8.1

Losers

MillsCp lf	14.94	-.73	-4.7
Tomkins	18.40	-.86	-4.5
PNC	70.40	-3.20	-4.3
AMD	23.00	-1.01	-4.2
BallyTotF	2.29	-.10	-4.2

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
NRvrPh s	42.32	+16.11	+61.5
AmkorT lf	6.76	+1.71	+33.9
CNS	36.72	+8.16	+28.6
MercBksh s	44.94	+8.16	+22.2
Iomai n	5.30	+.35	+7.1

Losers

Alphatec n	3.63	-.92	-20.2
Powrwav	6.42	-1.38	-17.7
AscentSol n	2.20	-.35	-13.7
Datawatch	2.06	-.32	-13.4
MatriaH	25.58	-3.22	-11.2

DOW	NASDAQ	S&P 500
+7.60	+11.78	+1.08
+0.06	+0.51	+0.08
11857.81	2311.77	1350.66

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	73.92	-.09	-6.3
Amylin	45.67	+1.28	+14.4
BiogenIdc	45.58	-.08	+.7
Celgene s	46.45	+.66	+43.4
ChRvLab	44.05	+.20	+4.0
GenProbe	47.42	+.04	-2.8
Genentch	86.28	+3.08	-6.7
Genzyme	69.50	-.11	-1.8
GileadSci	65.18	-.17	+24.0
Imclone	29.90	+.30	-12.7
Invitrogn	63.52	-.13	-4.7
MedImun	29.63	+.25	-15.4
MillPhar	10.04	+.09	+3.5
QIAGEN	16.15	+.42	+37.4
VertxPh	37.15	+.44	+34.3

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.3125
3-month disc	4.82	4.77
2-year	4.75	4.65
10-year	4.47	
30-year	4.84	4.75

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5355	.5346	.5677
Canadian Dollar	1.1232	1.1263	1.1752
European Euro	.7933	.7940	.8250
Japanese Yen	119.12	118.98	113.76
Mexican Peso	11.0855	11.0565	10.7810
Taiwanese Dollar	33.13	33.08	33.19

SUPER BOWL-BOUND BEARS? Five games into the season, the Chicago Bears have posted four wins by 25 of more points. The 1941 Bears, who ended up winning a title, are the only other team in NFL history with four 25-point wins after five games.

Defense Frustrated After Lousy Day

Team continues to allow big pass plays week in and week out

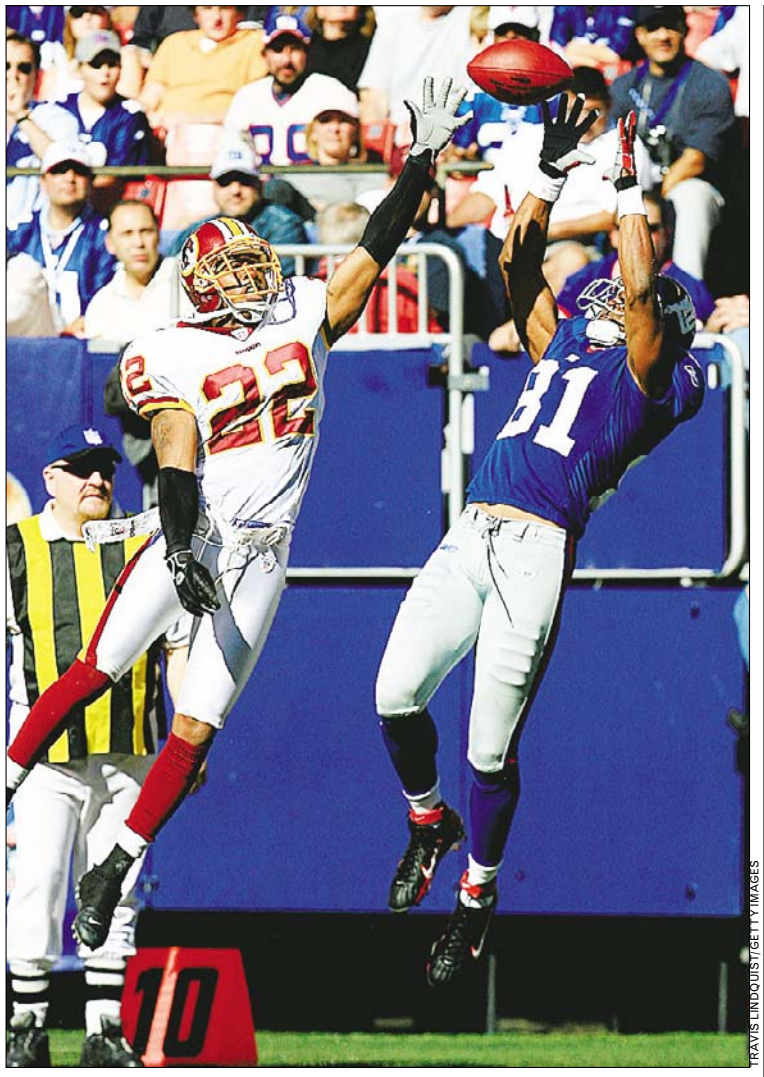
REDSKINS | During the offense's spurts and stumbles of the past two years, the Washington Redskins could rely on assistant coach Gregg Williams' smothering, hard-hitting offense as a constant source of pride.

Not any more. The only consistent thing about the defense in 2006 is the big plays it has allowed in every game.

"We're frustrated," cornerback Carlos Rogers said Monday. "It's something you're mad about. We're all competitors out there, and we hate the fact that we look like that. We've given up so many yards."

Only the Green Bay Packers (28) have allowed more passes of 20-plus yards than Washington (21). The New York Giants set up scores with completions of 44, 46, 27 and 21 yards against the Redskins in Sunday's 19-3 victory at the Meadowlands.

The Giants' 411 total yards were the most by an opponent since Williams took over the defense in 2004. The Redskins (2-3) are ranked 28th in the league against the pass, and the three teams ranked lower — Arizona, Green Bay and Houston — don't fit into anyone's playoff picture.



TRAVIS LINDQUIST/GETTY IMAGES

HIGH FLYING: Giants wide receiver Amani Toomer, right, hauls in a 21-yard catch over cornerback Carlos Rogers, one of four big plays that set up Giants' scores.

"The first two years, we had a defense flying around making plays and we weren't giving up any big yardage," defensive end Phillip Daniels said. "And now they're getting that, and teams are coming in here looking to throw the ball and get that one big play."

The offense also struggled Sunday after scoring 31 and 36 points in the previous two weeks, but that's hardly news. The Redskins' ability to move the ball has been wildly inconsistent since coach Joe Gibbs came out of retirement, and the addition of offensive guru Al Saunders this year has yet to change that.

But a defense that ranked No. 3 overall in 2004 and No. 9 last year is suddenly mediocre all over.

"Coverage and pass rush work hand-in-hand," Daniels said. "When you lose one of those, you don't get the other."

JOSEPH WHITE (AP)

A Welcomed Sight

→ When you're a team that has just lost to a division rival 19-3, it's nice to see the Tennessee Titans, a team going nowhere fast, on your schedule | **Today, Sports**

IN The Washington Post

Swengali

REDSKINS | BY MATT SWENSON

'D' Is Biggest Disappointment

BY THE NUMBERS, the blame for the Redskins' loss to the Giants should be laid on the offense.

Three points is unacceptable, even if you're playing the vaunted Chicago Bears. Washington's defense, on the other hand, allowed 19 points — few enough for a win.

All that being said, why does it feel as if the Redskins' defense let the team down Sunday?

Simple. They were manhandled by the Giants in every way imaginable.

Just look at the total number of plays for both squads. New York had 69 tries on offense to Washington's 45. Similarly lopsided, the Giants gained 411 yards of offense to the Redskins' 164.

With the roster the way it's currently constructed, Washington can't mount a pass rush, stuff the run or prevent quarterbacks from completing deep throws on a blitz. Other than that, the defense is great.

> "Why does it feel as if the Redskins' defense let the team down?"

Gregg Williams, who engineered two stellar defenses in a row, hasn't forgotten how to coach.

The players aren't there to make the plays, no offense to stars Sean Taylor and Marcus Washington.

It's way too late to do anything about personnel — unless there's another third-round pick the Redskins can waste for a backup.

For better or worse, this is the Redskins' defense this year. It's not very good.

Just look at the biggest numbers of all: 0-2. That's Washington's record against the NFC East so far this season.

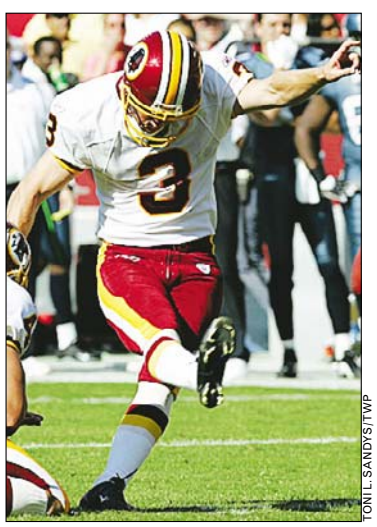
@ | To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Redskins to Tryout Kicker Novak

Quad injury to Hall forces team to look for a replacement leg

REDSKINS | Former Washington Redskins placekicker Nick Novak will arrive at Redskins Park Tuesday afternoon for a workout with the team, in response to John Hall's quadriceps and groin injuries.

According to sources, the Redskins will bring in four other kickers as well to compete to replace Hall, 32, who aggravated a quad injury in Sunday's 19-3 loss to the New York Giants. Former Falcons kicker Todd Peterson; Tyler Jones, who was cut by the Redskins in training camp; and journeyman kicker Ola Kimrin also will compete in an early afternoon workout, but it is unclear who the other player will be.



TONI L. SANDYS/TWP

Nick Novak, who kicked for the Redskins last year, will try out again on Tuesday.

When reached by phone, Novak said he had a 1 p.m. workout on Tuesday at Redskins Park. Jones's agent Mark Mersel said Jones was flying in from Boise.

Redskins Coach Joe Gibbs did not deny that Novak, Jones and Peterson were being brought in, but did not say which other players were invited.

"They told me if the anything happened that they would keep me in mind. They were true to their word."

HOWARD BRYANT (THE WASHINGTON POST)

Toledo Basketball Player Collapses On Court, Dies

COLLEGE BASKETBALL | Toledo basketball player Haris Charalambous died Monday after collapsing during conditioning practice.

Trainers performed CPR on Charalambous until paramedics arrived. The 21-year-old backup center was taken to a hospital where he was pronounced dead, spokesman Lawrence Burns said.

The cause of death was not immediately known.

"The players are devastated," Burns said. "This has been a shock to our entire athletic program and university." JOHN SEEWER (AP)

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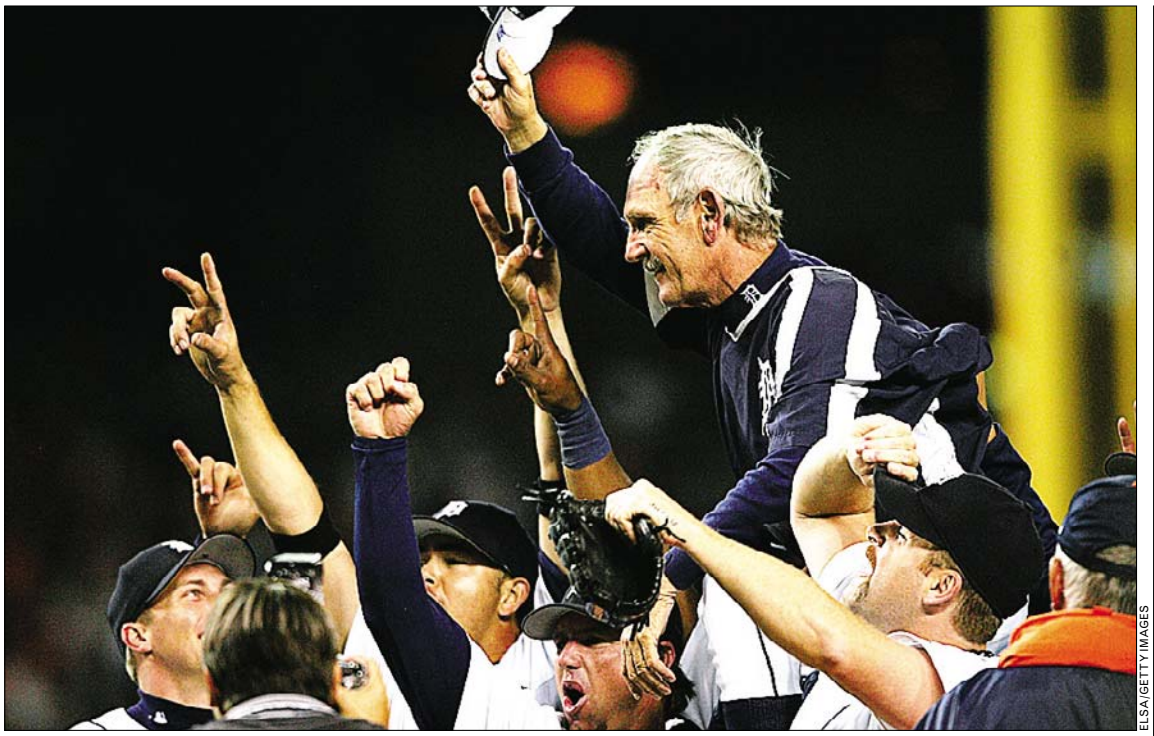
SLIM CHANCE: No team that has lost as many as 28 of its last 50 regular-season games has ever reached the World Series, a feat the Detroit Tigers and St. Louis Cardinals are both attempting. The 1976 Royals are the only comparable team to make the playoffs, and they lost in the ALCS.



ELSA/GETTY IMAGES

After beating the Yankees on Saturday, the Tigers carry manager Jim Leyland off the field while he recognizes the Detroit fans.

Detroit Finds Its Old Spark

Leyland-led Tigers recall the glory years of Anderson's champs

ALCS | When he left Detroit in 1995, after 17 years as manager of the Tigers and tired of losing, Sparky Anderson said, "I ain't here no more."

No one could've known it at the time, but it was as if the baseball life was sucked out of the Motor City when he left. The Tigers have had six managers since Anderson and none of them, until Jim Leyland this season, could produce a winning record. To say nothing of a championship.

The Tigers, who lost 119 games just two years ago, open the best-of-seven AL championship series against the Oakland Athletics on Tuesday night.

For a decade, however, baseball just wasn't much fun anymore, whether at old Tiger Stadium or new Comerica Park.

Let's be honest. Detroit is a medium market, at best, in the baseball world. In their long history, the Tigers have only appeared in the World Series nine times, winning just four. Hockeytown will never be mistaken for Baseballtown.

Yet that doesn't mean there hasn't been some good times over the past 50 years or so. Even when the Tigers struggled, they still managed to employ some of baseball's most memorable characters.

Sparky took over when Les Moss was fired early in 1979, and Detroit fell in love with him almost at once. He'd make fractured proclamations such as "Pain don't hurt you" and "That Jose Canseco, he's got a body like a Greek goddess" and folks acted as if they understood.

Anderson promised the Tigers would be winners in five years. He was able to produce in 1984.

Now, Leyland and his Tigers have Detroit believing again. With his white hair and wise ways, he reminds folks of Anderson.

Oh, happy day. HARRY ATKINS (AP)

Podium Trio Reunited At Norman's Funeral

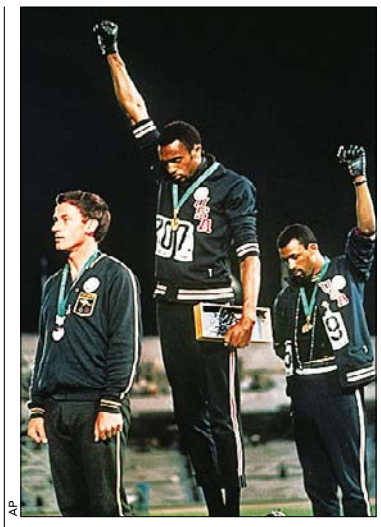
Tommie Smith and John Carlos serve as pallbearers for sprinter

OLYMPICS | Tommie Smith and John Carlos, who gave the historic black power salutes at the 1968 Olympics, were reunited for the last time with the third man on that podium.

Smith and Carlos attended the funeral of Peter Norman, the Australian sprinter who died last week of a heart attack at 64. The two Americans were pallbearers Monday at the funeral attended by about 800 people at a town hall at Williamstown, a Melbourne suburb.

"He was a lone soldier in Australia," Carlos said. "Many people in Australia didn't particularly understand. Why would that young white fella go over and stand with those black individuals?"

Smith and Carlos stood shoeless, each wearing a black glove on his raised, clenched fist. They bowed their heads while the U.S. anthem played.



AP

Peter Norman, left, supported Tommie Smith and John Carlos at the Olympics.

Norman, a physical education teacher, stood on the podium during the Olympic ceremony. He wore a human rights badge on his shirt in support of the two Americans and their statement against racial discrimination in the United States.

"Peter never flinched, he never turned his eye or his head," Carlos said. "When I looked into his eyes, I saw nothing but love." (AP)

Cardinals Receiver Out for a Month

FOOTBALL | The struggling Arizona Cardinals lost Pro Bowl receiver Larry Fitzgerald for perhaps a month or more with a hamstring injury.

"I'd say it will be at least two weeks, two-to-five maybe, two-to-four, it's hard to say," coach Dennis Green said at his Monday news conference. "It's a real strong pull, maybe even a slight tear in there also."

Fitzgerald was hurt late in the first quarter Sunday, shortly after catching a 5-yard touchdown pass from Matt Leinart. (AP)

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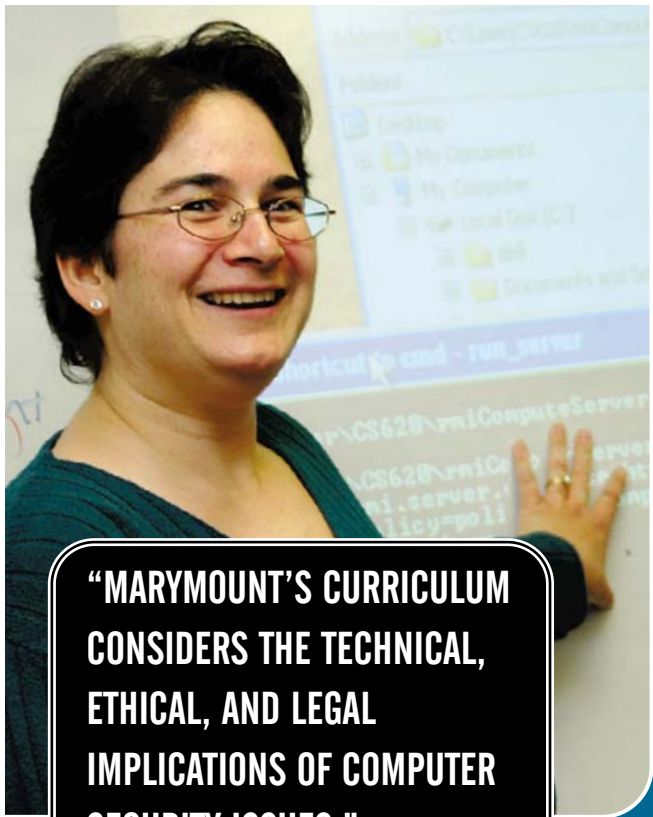

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BUCK OFF THE COURT: Milwaukee Bucks center Andrew Bogut will likely miss the beginning of the season with a lower left leg sprain that is expected to sideline him for six to eight weeks. Bucks coach Terry Stotts initially said the injury to last year's No. 1 pick was not serious.

Blatche Expects More This Season

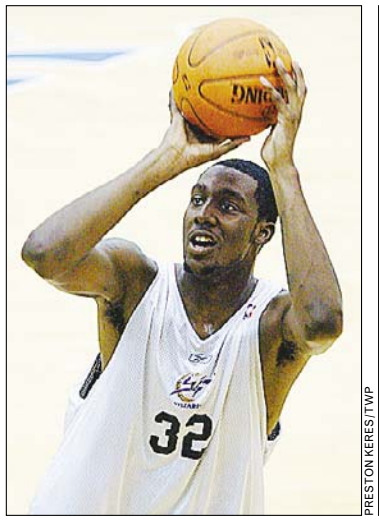
After a great summer league, young forward is hoping for minutes

WIZARDS | Last year was tough, mentally, on Andray Blatche. He was a rookie coming straight out of high school, where he was used to being the team's star player, and he expected to play and contribute.

Then he was shot in the chest in an apparent carjacking just before training camp was set to begin. The result? He missed all of camp and a large part of the season. And when he was finally healthy, he played limited minutes because he was behind. He played in just 29 games and averaged six minutes.

"That was real hard, but I had to understand what happened to me and why I was out — because I missed training camp and what my body was going through," Blatche said. "So it wasn't as tough for me last year as it would be this year if I had to sit on the bench."

His teammates call him a gifted offensive player, and Gilbert Arenas admires the way the 6-foot-11 forward passes the ball, joking that the two argue over who's going to play the point.



PRESTON KERES/TWP

Wizards forward Andray Blatche has high hopes for himself this season.

But it wasn't until this summer, playing in summer leagues with the Wizards, that he got his first real chance to show he can be a star in this league. The team went to two summer leagues this offseason, in large part, President of Basketball Operations Ernie Grunfeld said, to get Blatche and other young players some more on-court experience.

The 20-year-old shined. He averaged 16 points and six rebounds during the Las Vegas summer league and then did even better in the Long Beach league, where he averaged 26 points and 10 boards over four games.

"It was the first time I could just go out and play for a while — like back in high school," Blatche said. "It helped me out confidence-wise. It helped me out [in] so many ways, in ways I can't explain."

Both Grunfeld and coach Eddie Jordan said they were excited by what they saw from Blatche during the summer. But coming out of his first training camp, he was not listed on either of the first two strings, and he still must improve his defense, become more physical, and stay aggressive.

Blatche said he's up to the task. It sure beats sitting on the bench.

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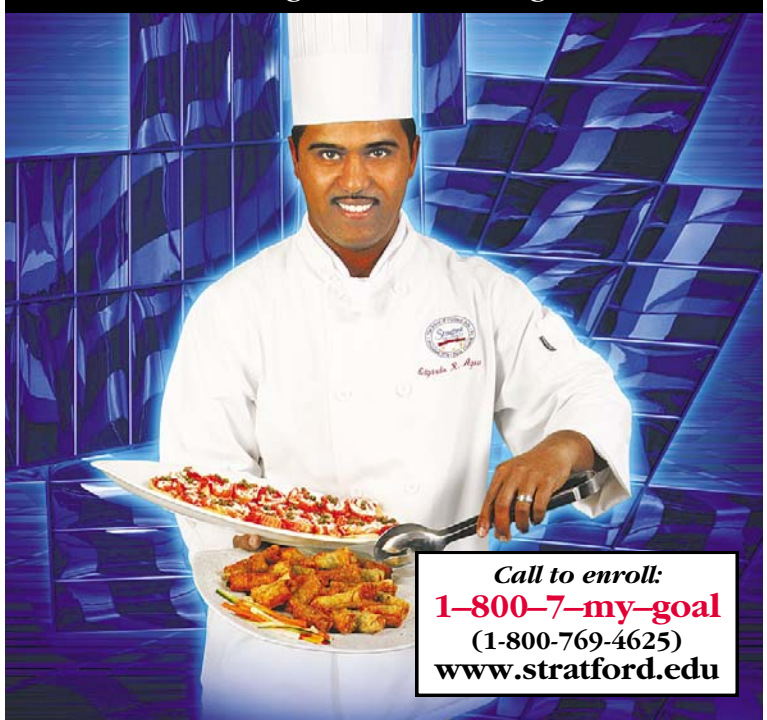

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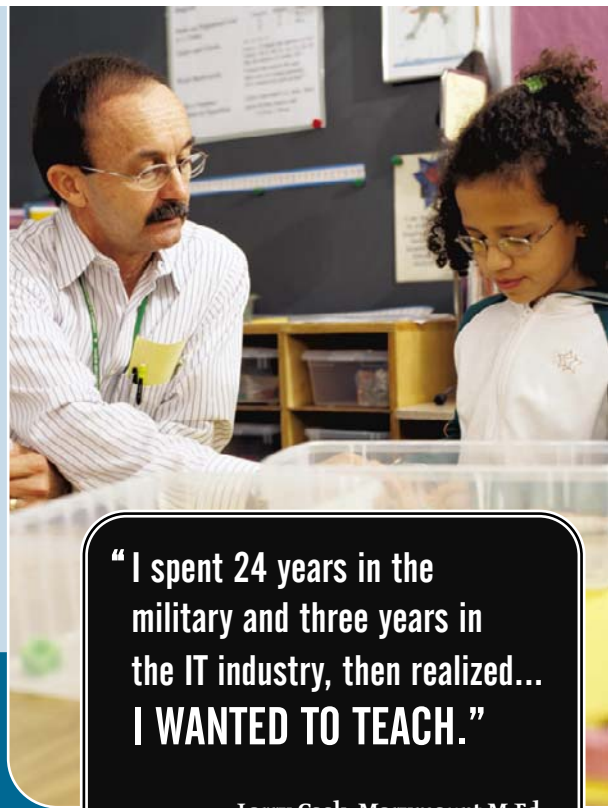

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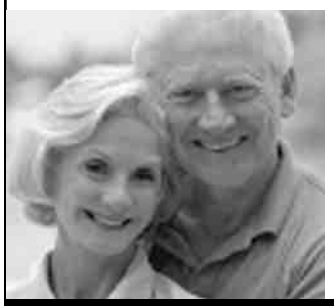

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GOING BIG: When Kevin Bryant, a 375-pound, 6-foot-7 high school football player in south Florida, had trouble finding cleats that fit, the Miami Dolphins stepped in and ordered him a pair. They even decided to foot the bill for the size 20 cleats, which are bigger than any Dolphin's.

Mountaineers Have Plenty to Fix

It's undefeated, but sloppy West Virginia is falling in the rankings

COLLEGE FOOTBALL | It took a few days for West Virginia coach Rich Rodriguez to settle down.

Rodriguez appeared calmer Monday after a weekend tirade in which he ripped his defense for "not playing smart" in a sloppy 42-14 victory over Mississippi State that dropped the No. 5 Mountaineers one spot in the Associated Press poll.

West Virginia survived a two-game road trip and is 5-0 heading into its Big East opener Saturday against Syracuse (3-3, 0-1).

The game is the first at Mountaineer Field since Sept. 14 and West Virginia's last there until facing Cincinnati on Nov. 11.

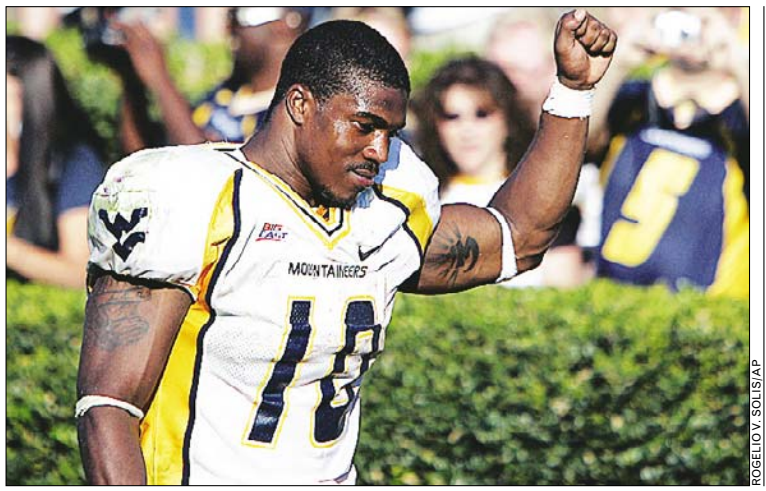
Rodriguez declared Monday the beginning of the team's defense of its Big East championship.

That meant trying to correct glaring problems from last week, including 11 penalties for 132 yards, failing to pressure the quarterback and not stopping Mississippi State's offense until it got close to the end zone.

When asked how he expected to fix the errors, the coach laughed and said, "scream and yell a lot."

He refuses to pay attention to his team's drop in the AP poll despite winning, next week's debut of the BCS rankings, or the possibility that even a one-loss team eventually could leapfrog the Mountaineers, who are the only top-10 team that hasn't faced a ranked opponent.

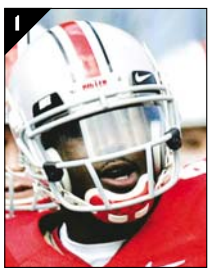
"Our first goal each and every year since I was hired six years ago is to win the Big East Conference," Rodriguez said. "We take a lot of pride in that in trying to defend our championship." JOHN RABY (AP)

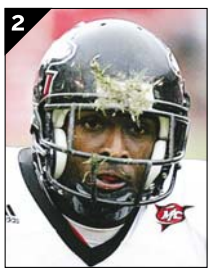


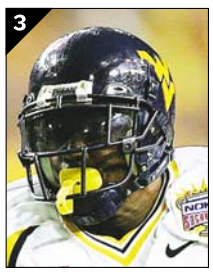
ROGELIO V. SOLIS/AP

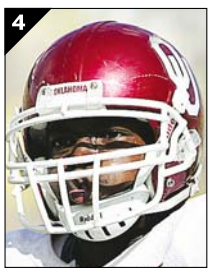
Running back Steve Slaton salutes the crowd after last Saturday's victory.

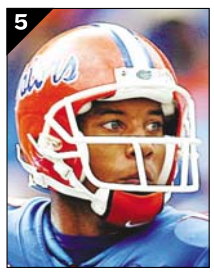
HEISMAN HOPEFULS | COLLEGE GRIDIRON GREATS











1 Ohio State QB **Troy Smith** stays on top of the list. He completed 85 percent of his passes and threw three touchdowns against Bowling Green. More importantly, his Buckeyes are still undefeated and No. 1. **2. Garrett Wolfe** (RB, Northern Illinois) rushed for 162 yards, his lowest total of the year. He has accumulated 1,343 yards and 13 TDs already this year. **3.** West Virginia's running back **Steve Slaton** carried the ball 26 times for 186 yards and a score and added two receptions for 22 yards. He's averaging 7.8 yards per carry this year. **4. Adrian Peterson** (RB, Oklahoma) finished with 105 yards and a score in the Red River Shootout. But his Sooners already have two losses this year. **5.** Florida's signal-caller, **Chris Leak**, had a down week, but if Florida keeps winning, he should stay in contention.

Dolphins Name Harrington Starter

FOOTBALL | There's no mystery this week. Joey Harrington will remain as the Miami Dolphins' starting quarterback.

For now, anyway.

Dolphins coach Nick Saban said Monday that when his team opens practice for next Sunday's visit to the New York Jets, Harrington will be the first-stringer. Daunte Culpepper will enter a rehab-type program designed to help restore some explosive movement in his surgically rebuilt right knee.

"We'll evaluate it on a week-to-week basis," Saban said. "This week, we're going to plan to play like we did last week." TIM REYNOLDS (AP)

AL BELLO/GETTY IMAGES

Joey Harrington completed 26 of 41 passes for 232 yards on Sunday.

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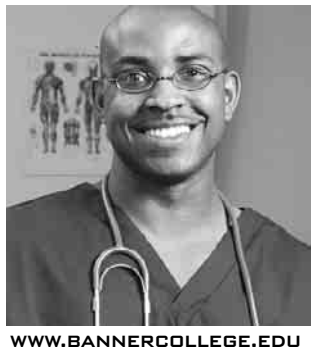

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Sports

JACK SMITH/AP

DROPPED: Like the Steelers, QB Ben Roethlisberger has performed poorly this year. He has completed 53 percent of his passes with no scores and seven INTs.

Defeated Steelers All Turned Around

Just like last year, team finds itself struggling to begin the season

FOOTBALL | The Pittsburgh Steelers may have reached the defining moment of their season, their losing streak at three games and their quarterback rusty and ineffective following an injury layoff.

The wide receivers' production has been spotty. The offensive line is having problems providing pass protection. There are trouble signs all around, and the season may be lost if there is not a turnaround this week.

"We don't really have a lot of time," receiver Hines Ward said.

The Steelers (1-3) should be accustomed to this scenario by now — it's the same one that confronted them in December, when they responded by winning eight games in a row and the Super Bowl.

Only they didn't expect to be in this situation a month into the new season, one that certainly hasn't begun as expected or generated much carry-over from their first Super Bowl victory in 26 years.

"We're playing too inconsistent for whatever reason," Ward said after a 23-13 loss in San Diego. "We've got to find a way to turn this thing around, some way, somehow."

Some players ridiculed preseason predictions that the Steelers would finish third in the AFC North. But that's where they are, trailing both the Ravens, who played Denver on Monday night, and the Bengals.

Never at any stage last season were they so far behind in the division race. Never in this season have they looked like champions.

"It makes the next few games very important," coach Bill Cowher said. ALAN ROBINSON (AP)

TODAY'S TV LINEUP

BASEBALL PLAYOFFS (8 P.M. ON FOX) The American League Championship Series begins in Oakland. Nate Robinson takes the mound for the Tigers, who face Barry Zito and the A's.

BASKETBALL (3 P.M. ON ESPN2) The preseason gets underway in the NBA. But the game between the 76ers and the Suns will be played in Cologne, Germany.

HOCKEY (7 P.M. ON VERSUS) The Philadelphia Flyers play at the New York Rangers in NHL action.

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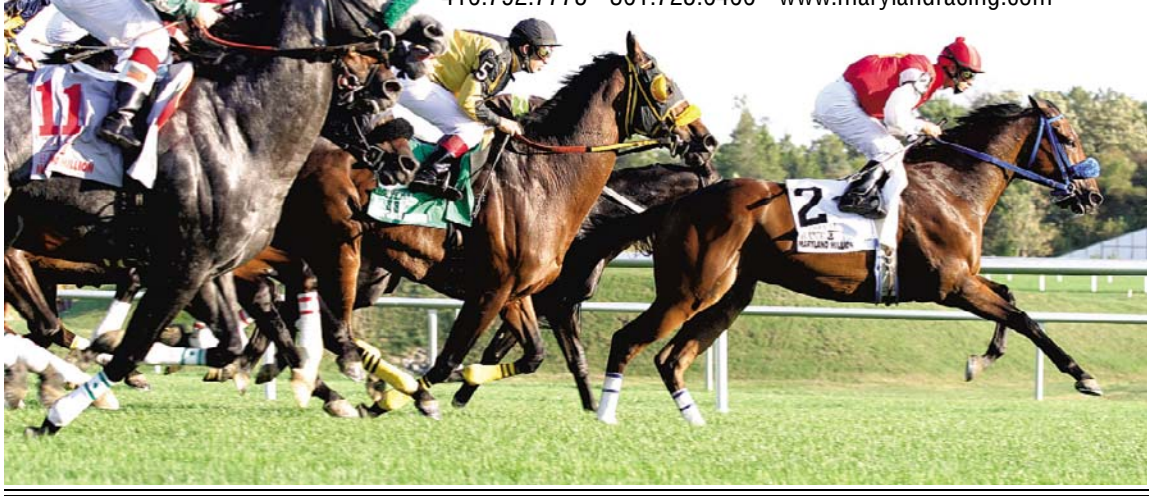

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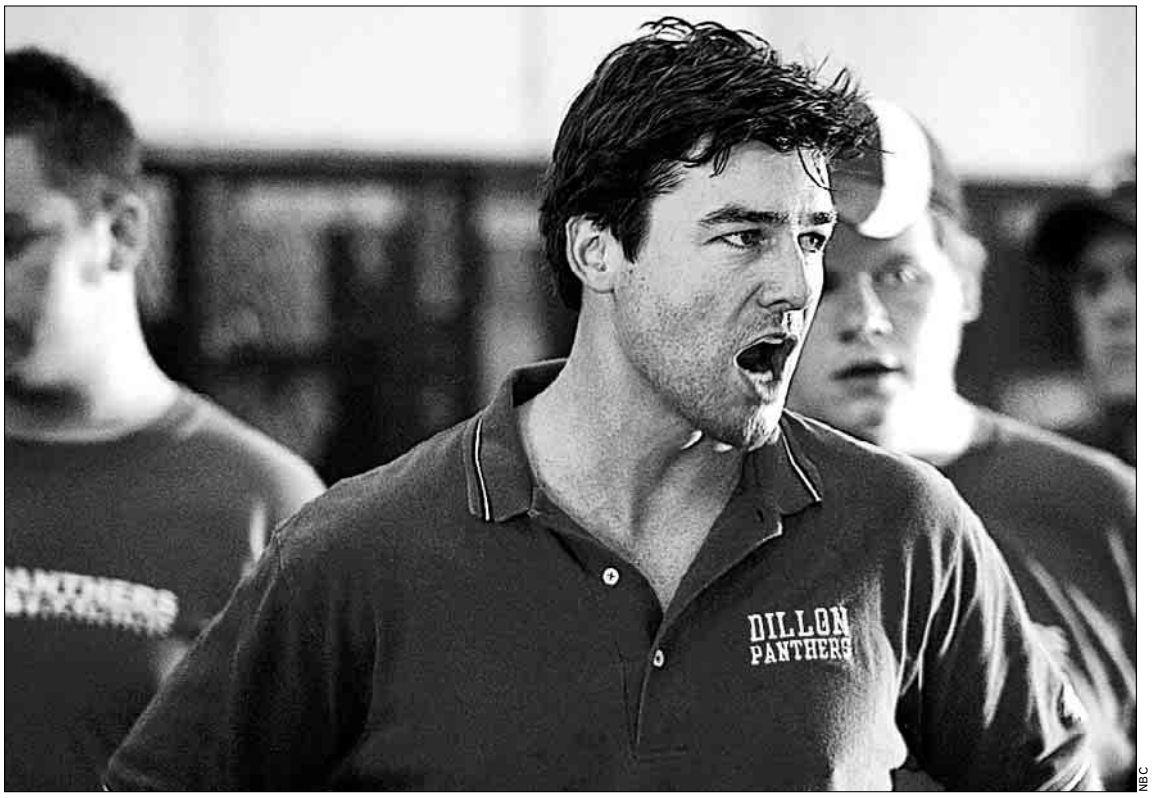
GOOD LUCK WITH THAT, MAN: What David Lynch wants and what he'll get may be very different. The quirky director wants "Inland Empire," his much-anticipated new film, to be a "summer blockbuster" that will appeal to "14-year-old girls in the Midwest."

Entertainment



NBC

COACH WITH THE MOST: Kyle Chandler plays the respository of hopes for the fictional Dillon, Texas, high school football team.

Field of Dreams

Actor Kyle Chandler tackles the role of a Texan football coach

PLAYING THE GAME | Panther head coach Eric Taylor is visiting his star quarterback, Jason Street, in the hospital.

Taylor looks upon this fine young man — who may be paralyzed forever. They exchange brave pleasantries, then heavily fall silent.

"Damn, son," Taylor manages to say, his second word a whisper.

It's a scene from the next episode of NBC's "Friday Night Lights" (tonight at 8 p.m.), a new family drama about a football-crazy town that has won critics' raves for its heart and authenticity.

One reason why? The actors are immersed in the truth of what they're bringing to life.

For instance, Kyle Chandler, who stars as Coach Taylor, wasn't parroting "damn, son," from a page of his script.

"It came from somewhere else," he said, remembering the sight of his young co-star, Scott Porter, impounded in that bed in traction.

Chandler's earnest, all-American authority made him the perfect guy to be entrusted with tomorrow's news on the long-running drama "Early Edition," but he may have been born to play Coach Taylor, a soft-spoken man who doesn't let on everything he's feeling and yet, thanks to Chandler, never leaves the viewer in doubt.

Taylor has a huge challenge as an incoming head coach: to maintain the winning ways of the nation's top-ranked high school football squad in a rural Texas community that doesn't have much else to cheer about. And in the process, he must stay mindful that "clear eyes, full hearts can't lose" — but winning isn't everything.

Chandler's remakable transformation from a boyish-looking 41-year-old actor to the "old, tired, stressed out" coach is best explained by acting chops — and the harshening effect of filming without makeup.

Shooting on location in Austin, Texas, also helps him — and the show — get into character.

"Lights" adopted the mascot and school colors of the nearby Pflugerville Panthers for its fictitious Dillon High School and fixed up an abandoned playing field for the football scenes. The Taylor family's modest residence is a local house the show's leased. Jason Street is "treated" in an actual hospital.

The realism of the settings is carried over to the production style, Chandler said. "We work fast. ... No rehearsals. Everything is fresh. You have to communicate with the actor across from you, which is like life. Usually, it happens on the first take." FRAZIER MOORE (AP)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT

HOLLYWOOD RECORDS

SPARTA

The Road More Traveled

1 It may well be emo-ish quartet Sparta's cross to bear that the group will forever be described as former members of prog-punk fountainhead At the Drive-In. Nothing wrong with that.

→ *Black Cat, 1811 14th St. NW; with Sound Team, Lolo Ray, 8:30 p.m., $15; 202-667-7960. (U St.-Cardozo)*

ERIC CLAPTON

An Old Bluesman

2 Famously humble guitar hero Eric Clapton recently told the press that he's "definitely in decline." So, fine: If you want to hear the 18-time Grammy winner and his big band, go tonight, before the man falls apart entirely.

→ *Verizon Center, 601 F St. NW; with the Robert Cray Band, 8 p.m., $40-$125; 202-628-3200. (Gallery Place-Chinatown)*

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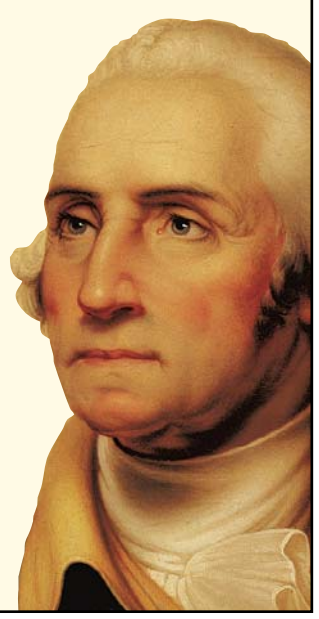

Entertainment

Recipe for Fun

'Cooking Mama' tests whether players have skills with a skillet

VIDEO GAMES | At first bite, "Cooking Mama" is a gourmet meal at a five-star restaurant. But be careful: Too much of this delightful new culinary video game might give you an upset stomach.

No real-world food skills are required in this Nintendo DS game from Japan. Anyone who can boil a pot of water or open a milk carton will find "Cooking Mama" an immediate pleasure that's hard to put down initially.

It makes good use of the DS touch screen as you prepare one of 76 different recipes.

Some, like pizza or Salisbury steak, will be instantly familiar to Western palates. But many are straight out of the "Iron Chef" television show, with specialties like fried octopus dumplings or grilled gyoza stuffed with cabbage and meat.

The goal of "Cooking Mama" is to correctly prepare ingredients and then quickly cook the meal. Each task serves as a microgame that's very similar to Nintendo's "WarioWare" series.

Do well and you'll get a gold star and a beaming smile from saucer-eyed Mama. But she can turn hateful with a slip of a knife: even a few ill-timed egg cracks and she'll stare you down with flaming eyes.

Some dishes require you to blow into the microphone, but mostly you'll be using the DS' plastic stylus to simulate slicing, peeling, stirring, kneading, deep-frying and sauteing, among other things.

You can also combine dishes (pork curry and rice with grilled mackerel, anyone?) or try to earn a gold star of approval from Mama for every recipe.

What "Cooking Mama" really needs is some sort of wireless multiplayer feature where you can compete in cook-offs with others — or even a secret, unlockable dessert menu. MATT SLAGLE (AP)

NINTENDO/AP

FOOD EQUALS LOVE: You are the Iron Chef with "Cooking Mama," a Nintendo DS game that requires you to simulate food preparation for Mama's approval.

Beck off U.K. Sales Charts

FANCY THAT | Beck loaded his new album, "The Information," with a bonus DVD with homemade videos for each song and stickers fans can use to create customized CD covers, all in the hope of giving consumers more reasons to buy it.

But in England, the album has been disqualified from appearing on sales charts because those extras give it "an unfair advantage" over less elaborate packages. The ruling comes from the Official U.K. Charts Co., which establishes the standards for what charts and what doesn't.

In the U.S., though, "This does not run afoul of any Billboard chart rules, and I am surprised it was a problem in the U.K.," said Geoff Mayfield, director of charts for Billboard.

"It's an unconventional package, but it shouldn't be penalized for that," Beck wrote via e-mail. "Any art on a CD is an incentive to buy and listen. Ultimately, it doesn't matter, the response from the fans has been so strong ... and that is the most important thing." RANDY LEWIS (LOS ANGELES TIMES)

KARL WALTER/GETTY IMAGES

TOO MUCH 'INFORMATION': Beck's album too enticing, says a British body.

Entertainment

Crossing Paths

Daniel Pearl's story is detailed in a revealing HBO documentary

WHAT HAPPENED | Christiane Amanpour narrates "The Journalist and the Jihadi: The Murder of Daniel Pearl" (8 p.m., HBO), a revealing look at a personal tragedy and a clash between cultures.

When he was kidnapped and murdered in Pakistan in early 2002, Wall Street Journal reporter Daniel Pearl was on the trail of shadowy figures behind al-Qaeda's financial network. According to this documentary, he not only gained the attention of the terror group but was also on the verge of embarrassing Pakistan's intelligence service, a rogue agency with many ties to terror.

Through home movies and interviews with friends, "Journalist" examines the formative years of both Pearl and his murderer, Omar Sheikh. Pearl grew up in California, the son of two highly educated professionals. As a student, he dabbled in classical violin and then joined a country-music band as a fiddler. Once he became a journalist, Pearl immersed himself in Middle Eastern culture and wanted to bring greater understanding between the West and Islam.

Born and educated in England, Sheikh was a bright student who intimidated his classmates with his prowess in chess and arm wrestling. As the film makes clear, both games require a calculating mind and the ability to pull one's opponent into a trap.

When the two men's trails crossed, Sheikh would put his old talents to use, snaring Pearl with a series of false leads, friendly e-mails and promises of interviews and information. The film's depiction of Sheikh's path to radicalism offers a chilling portrait of a remorseless foe. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

MIDDAY MULTIMEDIA

A SOUND, SILENCED: Daniel Pearl performs with other musicians in a club and restaurant in Mumbai, India. He was an enthusiastic amateur violinist.

TV Oldies Find New Life on 'I'

VINTAGE | Look out, Nick at Nite and TV Land. There's competition in the land of reruns from the "I" network, which used to be the family-oriented Pax network.

Now, instead of offering low-budget new productions like "Sue Thomas: F.B. Eye," this broadcast bottom-feeder is regurgitating old-time prime-time hits in marathon form, including "The Partridge Family" (Oct. 21) and "Amen" (Oct. 28), which will join regular weeknight broadcasts of such shows as "Charlie's Angels."

It's all part of a deal between Ion Media Networks and Sony, formerly Columbia, which has a sizable vintage TV library and no corporate-sibling outlet suitable to air it.

I has also made a deal with Warner Bros., whose TBS channel apparently has aired the likes of "Mama's Family" as many times as it could stand. "Mama" has moved to I, along with "Kung Fu" and "Welcome Back, Kotter" (Saturdays, 8:30-11 p.m.). DIANE WERTS (NEWSDAY)

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Photo of Brad Oscar by Scott Suchman.

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JACKASS: NUMBER TWO (R) 1:30, 2:35, 4:10, 5:05, 6:40, 7:40, 9:00, 10:05
JET LI'S FEARLESS (PG13) 1:15, 3:50, 6:20, 7:20, 8:50, 9:50
THE BLACK DAHLIA (R) 1:25, 7:25
GRIDIRON GANG (PG13) 2:25, 5:20, 8:20
CRANK (R) 8:20, 10:30

AMC SELECT

LOVE'S ABIDING JOY (PG) 2:20, 4:50, 7:40, 10:15
HOLLYWOODLAND (R) 1:30, 4:25
THE ILLUSIONIST (PG13) 2:10, 4:55, 7:30, 10:10
LITTLE MISS SUNSHINE (R) 1:40, 4:40, 7:35, 10:10

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

THE DEPARTED (R) ✓ 1:30, 4:45, 8:00
EMPLOYEE OF THE MONTH (PG13) ✓ 1:50, 4:30, 8:45
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) ✓ 4:30, 6:40, 8:50
THE GUARDIAN (PG13) 1:40, 5:00, 8:15
OPEN SEASON (PG) 2:00, 4:10, 6:20, 8:30
SCHOOL FOR SCOUNDRELS (PG13) 5:00, 8:00
FLYBOYS (PG13) 7:30
JACKASS: NUMBER TWO (R) 5:20, 8:30
JET LI'S FEARLESS (PG13) 5:10, 8:15
EVERYONE'S HERO (G) 4:40
GRIDIRON GANG (PG13) 4:50, 7:45

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

THE DEPARTED (R) ✓ 1:45, 5:00, 8:15
OPEN SEASON (PG) 2:30, 4:40, 7:10
SCHOOL FOR SCOUNDRELS (PG13) 3:10, 5:30, 7:55
SCHOOL FOR SCOUNDRELS (PG13) [CC] 3:10, 5:30, 7:55
ALL THE KING'S MEN (PG13) 2:00, 4:50, 7:35
FLYBOYS (PG13) 2:00, 5:05, 8:00

AMC SELECT

THE LAST KISS (R) 2:50, 5:15, 7:45
HALF NELSON (R) 3:00, 5:25, 8:00

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

REEL MOMS
EMPLOYEE OF THE MONTH (PG13) ✓
11:00 AM

DIGITAL 3D
MONSTER HOUSE (PG) ✓ **1:15, 3:30, 5:50, 8:10**

THE DEPARTED (R) ✓ 1:20, 3:35, 4:35, 7:00, 8:00, 10:25
EMPLOYEE OF THE MONTH (PG13) ✓ 2:15, 4:45, 7:15, 9:50
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) ✓ 2:00, 4:20, 6:45, 9:10
THE GUARDIAN (PG13) 1:10, 4:15, 7:30, 10:45
THE GUARDIAN (PG13) [CC] 1:10, 4:15, 7:30, 10:45
OPEN SEASON (PG) 1:05, 3:25, 5:40, 8:15, 10:35
SCHOOL FOR SCOUNDRELS (PG13) 2:40, 5:10, 7:40, 10:10
ALL THE KING'S MEN (PG13) 1:40, 6:55
JACKASS: NUMBER TWO (R) 2:10, 4:25, 6:40, 9:00
JET LI'S FEARLESS (PG13) 4:30, 9:55

AMC SELECT

THE LAST KING OF SCOTLAND (R) ✓ 2:00, 4:55, 7:45, 10:40
THE LAST KISS (R) 2:45, 5:15, 7:50, 10:20
HOLLYWOODLAND (R) 10:30 PM
THE ILLUSIONIST (PG13) 2:05, 4:40, 10:00
LITTLE MISS SUNSHINE (R) 2:20, 4:50, 7:10, 9:45

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
202-333-3456

THE GUARDIAN (PG13) 2:00, 5:00, 8:00

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

THE DEPARTED (R) ✓ 1:00, 3:10, 4:15, 6:25, 7:30, 9:40
EMPLOYEE OF THE MONTH (PG13) ✓ 1:45, 2:45, 4:10, 5:10, 6:35, 7:35, 9:00, 10:10
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) ✓ 12:45, 2:00, 3:15, 4:30, 5:45, 7:00, 8:25, 9:30
THE GUARDIAN (PG13) 12:50, 3:00, 3:55, 6:05, 7:05, 9:10, 10:10
THE GUARDIAN (PG13) [CC] 3:00, 6:05, 9:10
OPEN SEASON (PG) 1:20, 2:30, 3:30, 4:40, 5:40, 6:50, 7:50, 9:05, 10:00
SCHOOL FOR SCOUNDRELS (PG13) 1:50, 2:50, 4:25, 5:15, 6:55, 7:40, 9:15, 10:00
FLYBOYS (PG13) 12:55, 4:00, 7:20, 10:15
JACKASS: NUMBER TWO (R) 1:40, 2:55, 4:05, 5:20, 6:30, 7:45, 8:50, 10:15
JET LI'S FEARLESS (PG13) 2:15, 4:45, 7:25, 9:55
THE BLACK DAHLIA (R) 1:55, 7:15
GRIDIRON GANG (PG13) 1:30, 4:20, 7:10, 10:05
THE COVENANT (PG13) 4:50, 10:05

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
410-423-0520

THE DEPARTED (R) 1:55, 3:15, 5:00, 6:30, 8:15, 9:45
EMPLOYEE OF THE MONTH (PG13) 2:45, 5:10, 7:35, 10:00
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) 3:05, 5:15, 7:25, 9:40
THE GUARDIAN (PG13) 3:35, 6:35, 9:35
OPEN SEASON (PG) 2:40, 4:45, 6:50, 8:55
SCHOOL FOR SCOUNDRELS (PG13) 2:20, 4:40, 7:00, 9:20
ALL THE KING'S MEN (PG13) 1:45, 7:05
JACKASS: NUMBER TWO (R) 2:55, 5:05, 6:40, 7:20, 8:45, 9:25
JET LI'S FEARLESS (PG13) 2:10, 4:30, 6:55, 9:15
THE BLACK DAHLIA (R) 4:25, 9:50
EVERYONE'S HERO (G) 2:30, 4:35
GRIDIRON GANG (PG13) 1:40, 4:20, 7:10, 9:55

AMC SELECT

THE ILLUSIONIST (PG13) 1:50, 4:15, 6:45, 9:10
LITTLE MISS SUNSHINE (R) 2:25, 4:55, 7:15, 9:30

LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike
703-506-9857 802

ALL THE KING'S MEN (PG13) 4:20, 7:05
FLYBOYS (PG13) 4:05, 7:10
THE BLACK DAHLIA (R) 7:15
EVERYONE'S HERO (G) 5:00
GRIDIRON GANG (PG13) 4:30, 7:30
INVINCIBLE (PG) 7:00

AMC SELECT

THE LAST KISS (R) 5:00, 7:20
HOLLYWOODLAND (R) 4:10, 7:35
MAXX (NR–NOT RATED) 4:00, 7:25

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

THE DEPARTED (R) 12:30, 3:40, 6:50, 10:00
EMPLOYEE OF THE MONTH (PG13) 2:20, 4:50, 7:20, 9:50
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) 12:50, 2:00, 3:00, 4:30, 5:20, 7:00, 7:50, 9:30, 10:15
THE GUARDIAN (PG13) 1:15, 4:05, 7:05, 10:05
OPEN SEASON (PG) 12:40, 1:45, 2:55, 4:15, 5:05, 6:45, 7:35, 9:15, 9:45
SCHOOL FOR SCOUNDRELS (PG13) 2:40, 5:10, 7:40, 10:20
JACKASS: NUMBER TWO (R) 1:10, 3:20, 5:30, 8:00, 10:15
JET LI'S FEARLESS (PG13) 2:30, 5:00, 7:30, 10:00
GRIDIRON GANG (PG13) 1:05, 3:55, 6:55, 9:55
CROSSOVER (PG13) 1:50, 7:15

AMC SELECT

IDLEWILD (R) 4:20, 9:40

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

AMC SELECT

LOVE'S ABIDING JOY (PG) 2:00, 5:00, 7:40, 9:50
THE U.S. VS. JOHN LENNON (PG13) 2:10, 4:40, 7:50, 10:00
THE SCIENCE OF SLEEP (R) 1:50, 3:50, 4:10, 7:00, 9:10, 9:20
KEEPING MUM (R) 1:20, 4:20, 7:10, 9:30
HOLLYWOODLAND (R) 1:40, 4:30, 7:20, 9:50
THE BOYNTON BEACH CLUB (NR–NOT RATED) 1:30, 7:00
LITTLE MISS SUNSHINE (R) 2:20, 4:50, 7:30, 9:40

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

THE DEPARTED (R) ✓ 1:00, 2:20, 4:10, 5:35, 7:20, 8:50, 10:35
EMPLOYEE OF THE MONTH (PG13) ✓ 12:50, 2:00, 3:15, 4:30, 5:40, 7:05, 8:05, 9:30, 10:25
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) ✓ 12:55, 2:15, 3:20, 4:35, 5:45, 7:00, 8:00, 9:20, 10:25
THE GUARDIAN (PG13) 1:15, 2:30, 4:15, 5:30, 7:15, 8:30, 10:15
THE GUARDIAN (PG13) [CC] 1:15, 4:15, 7:15, 10:15
OPEN SEASON (PG) 12:50, 1:55, 2:55, 4:05, 5:15, 6:20, 7:35, 8:35, 9:45
SCHOOL FOR SCOUNDRELS (PG13) 1:50, 4:50, 7:25, 9:50
JACKASS: NUMBER TWO (R) 1:10, 2:25, 3:30, 4:45, 5:55, 7:10, 8:15, 9:25, 10:30
JET LI'S FEARLESS (PG13) 1:05, 3:25, 5:50, 8:10, 10:30

AMC SELECT

THE ILLUSIONIST (PG13) 2:05, 5:05, 7:50, 10:20
LITTLE MISS SUNSHINE (R) 1:30, 4:20, 7:00, 10:10

AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

THE DEPARTED (R) 4:20, 7:35
EMPLOYEE OF THE MONTH (PG13) 5:25, 8:10
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) 5:30, 8:00
THE GUARDIAN (PG13) 4:30, 7:30
OPEN SEASON (PG) 4:35, 7:00
SCHOOL FOR SCOUNDRELS (PG13) 5:20, 7:50
JACKASS: NUMBER TWO (R) 5:15, 7:25
JET LI'S FEARLESS (PG13) 5:10, 7:40
GRIDIRON GANG (PG13) 5:00, 8:05
THE COVENANT (PG13) 4:50, 7:15
CROSSOVER (PG13) 4:45, 7:10

AMC SELECT

IDLEWILD (R) 4:40, 7:20

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

THE DEPARTED (R) ✓ 4:00, 4:45, 7:15, 8:00
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) ✓ 5:30, 7:45
FLYBOYS (PG13) 7:00
JET LI'S FEARLESS (PG13) 5:15, 7:40
INVINCIBLE (PG) 4:30

AMC SELECT

THE LAST KISS (R) 5:00, 7:30
HALF NELSON (R) 5:45, 8:15
LITTLE MISS SUNSHINE (R) 4:15, 6:45

AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 68.
301-729-6633

THE DEPARTED (R) ✓ 5:00, 8:15
EMPLOYEE OF THE MONTH (PG13) ✓ 5:20, 7:45
THE GUARDIAN (PG13) 5:10, 8:15
OPEN SEASON (PG) 5:50, 7:45
OPEN SEASON (PG) [D] [CC] 5:50, 7:45
SCHOOL FOR SCOUNDRELS (PG13) 5:30, 8:00
JACKASS: NUMBER TWO (R) 5:40, 8:00

LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W.
202-244-0880

EMPLOYEE OF THE MONTH (PG13) 1:30, 4:30, 7:05
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) 2:15, 4:50, 7:15
JACKASS: NUMBER TWO (R) 2:00, 4:45, 7:10
JET LI'S FEARLESS (PG13) 1:50, 4:20, 7:20
GRIDIRON GANG (PG13) 1:20, 4:10, 7:00
INVINCIBLE (PG) 4:20
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 1:05, 6:50

LOEWS DUPONT 5

1350 19th St.
202-333-3456

THE DEVIL WEARS PRADA (PG13) 4:50, 7:30

AMC SELECT

LOVE'S ABIDING JOY (PG) 5:00, 7:30
KEEPING MUM (R) 4:30, 7:00
HOLLYWOODLAND (R) 4:20, 7:10
THIS FILM IS NOT YET RATED (NC-17) 7:20
HALF NELSON (R) 4:40

LOEWS WHITE FLINT 5

North Bethesda
202-333-3456

THE DEPARTED (R) 3:00, 7:00
THE GUARDIAN (PG13) 2:00, 4:35, 7:25
OPEN SEASON (PG) 2:15, 4:30, 7:05
SCHOOL FOR SCOUNDRELS (PG13) 2:10, 4:20, 7:00
ALL THE KING'S MEN (PG13) 2:00, 4:45, 7:25

Times for Tuesday, October 10, 2006

✓-SPECIAL ENGAGEMENT No passes or discount coupons

[CC] - Closed Captioning · [D] - Descriptive Video Service

nine simple numbers you learned by age 3

	6		1		4		5	
		8	3		5	6		
2								1
8			4		7			6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	

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XX141a 3x2.5

CONGRESSIONALMOTORS

Rockin' October Savings!

NEW RABBITS!
$18555
MSRP $19,720, 17" Vision Wheels
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First Act Guitar with Purchase!

'06 NEW BEETLE CONVERTIBLES!
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First Act Guitar with Purchase!

'06 NEW JETTAS TDI!
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#F071086
First Act Guitar with Purchase!

'06 PASSATS! "DEMO"
$21555
MSRP $25,175, 2.0t/Alloy Wheels
#E061072

'07 EOS!
$35555
MSRP $36,185, Dyn Audio/Lux Pkg
#F071069

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REGAL ENTERTAINMENT GROUP

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale KISS ON THE BIG SCREEN (NR) ★
DEPARTED (R) - ID REQ'D DIG (1200 1235 315 345) 630 710 945 1025
EMPLOYEE OF THE MONTH (PG-13) DIG (1225 245 505) 745 1015
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D DIG (1210 100 230 340 500) 640 730 900 1000
OC: OPEN SEASON (PG) DIG (215) 910
THE GUARDIAN (PG-13) DIG (1215 105 320 410) 620 725 920 1030
SCHOOL FOR SCOUNDRELS (PG-13) DIG (1205 240 510) 740 1010
OPEN SEASON (PG) DIG (1205 430) 700
JET LI'S FEARLESS (PG-13) DIG (1220 250 520) 800 1035
ALL THE KINGS MEN (PG-13) DIG (325) 955
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1230 255 515) 750 1005
THE LAST KISS (R) - ID REQ'D DIG (1250) 705
GRIDIRON GANG (PG-13) DIG (1245 415) 720 1020
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1200 220 450) 715 940

BALLSTON COMMON STADIUM 12
Glebe Rd, Arlington 800-FANDANGO 377#

Adv. Tix on Sale KISS ON THE BIG SCREEN (NR) ★
EMPLOYEE OF THE MONTH (PG-13) DIG (200 230 435 505) 710 740 945 1015
THE GUARDIAN (PG-13) DIG (345 415) 700 730 1010
SCHOOL FOR SCOUNDRELS (PG-13) DIG (210 440) 705 935
OPEN SEASON (PG) DIG (150 220 425 455) 650 720 910 940
THE SCIENCE OF SLEEP (R) - ID REQ'D DIG (225 510) 750 1030
ALL THE KINGS MEN (PG-13) DIG (145 445) 745
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (235 500) 725 950
THE ILLUSIONIST (PG-13) DIG (140 430) 715 955
GRIDIRON GANG (PG-13) DIG (135 420) 755 1045

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale ONE NIGHT WITH THE KING (PG) ★
DEPARTED (R) - ID REQ'D DIG (130 300 445) 700 800 1015
EMPLOYEE OF THE MONTH (PG-13) DIG (155 500) 730 1005
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D DIG (105 220 315 455 530) 715 745 945 1030
THE GUARDIAN (PG-13) DIG (110 200 405 505) 725 815 1015
SCHOOL FOR SCOUNDRELS (PG-13) DIG (205 450) 750 1025
OPEN SEASON (PG) DIG (105 145 315 355 525 555) 735 805 1000
JET LI'S FEARLESS (PG-13) DIG (100 330) 810 1035
ALL THE KINGS MEN (PG-13) DIG (135)
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (150 420) 710 955
GRIDIRON GANG (PG-13) DIG (100 400) 720 950
IDLEWILD (R) - ID REQ'D DIG (430) 700 945

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

DEPARTED (R) - ID REQ'D DIG (1230 120 345 435) 700 800 1015
EMPLOYEE OF THE MONTH (PG-13) DIG (100 350) 720 945
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D DIG (140 400) 730 1000
THE GUARDIAN (PG-13) DIG (1240 340) 710 1020
SCHOOL FOR SCOUNDRELS (PG-13) DIG (110 335) 745 1010
OPEN SEASON (PG) DIG (130 430) 705 930
JET LI'S FEARLESS (PG-13) DIG (125 405) 655 935
ALL THE KINGS MEN (PG-13) DIG (1245) 950
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (115 420) 740 1010
HOLLYWOODLAND (R) - ID REQ'D DIG (355) 650

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale ONE NIGHT WITH THE KING (PG) ★
Adv. Tix on Sale THE NIGHTMARE BEFORE CHRISTMAS 3D (PG) ★
MONSTER HOUSE DIGITAL 3D (PG) DIG (225 450) 715 940
DEPARTED (R) - ID REQ'D DIG (1240 335 405) 700 730 1025
EMPLOYEE OF THE MONTH (PG-13) DIG (135 205 410 440) 645 720 920 955
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D DIG (1225 220 250 445 515) 710 740 935 1005
OC: OPEN SEASON (PG) DIG (435) 915
OPEN SEASON (PG) DIG (1220 215 245 505) 655 725 945
THE GUARDIAN (PG-13) DIG (1245 115 355 425) 705 735 1015
SCHOOL FOR SCOUNDRELS (PG-13) DIG (130 400) 640 910
JET LI'S FEARLESS (PG-13) DIG (240 520) 750 1020
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (150 415) 635 900
THE LAST KISS (R) - ID REQ'D DIG (510) 1030
GRIDIRON GANG (PG-13) DIG (1230 330) 630 930
THE ILLUSIONIST (PG-13) DIG (230) 745

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale ONE NIGHT WITH THE KING (PG) ★
Adv. Tix on Sale THE NIGHTMARE BEFORE CHRISTMAS 3D (PG) ★
MONSTER HOUSE DIGITAL 3D (PG) DIG (200 410) 640 910
DEPARTED (R) - ID REQ'D DIG (1130 1230 130 300 400 500) 630 730 830 1000
EMPLOYEE OF THE MONTH (PG-13) DIG (150 250 440 540) 720 820 1010
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D DIG (1145 1245 215 315 430 545) 740 840 1015
OC: OPEN SEASON (PG) DIG (220) 930
THE GUARDIAN (PG-13) DIG (1240 140 350 450) 710 810 1020
SCHOOL FOR SCOUNDRELS (PG-13) DIG (145 420) 715 945
OPEN SEASON (PG) DIG (1200 1230 120 310 345 445 530) 620 700 900
FLYBOYS (PG-13) DIG (1210 330) 635
JET LI'S FEARLESS (PG-13) DIG (1150 240 520) 800 1030
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (100 320 550) 750 850 1025
GRIDIRON GANG (PG-13) DIG (1220 340) 650 950
THE ILLUSIONIST (PG-13) DIG (1250 325) 625 915
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (110 415) 645 920
INVINCIBLE (PG) DIG 940

ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#
Free Theatre Parking- Monroe Street Garage
Weeknights after 6 PM- all day Saturday/Sunday

Adv. Tix on Sale KISS ON THE BIG SCREEN (NR) ★
DEPARTED (R) - ID REQ'D DIG (1220 100 345 425) 710 750 1035
EMPLOYEE OF THE MONTH (PG-13) DIG (1200 225 450) 725 1005
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D DIG (1205 145 235 415 500) 745 815 1010
THE GUARDIAN (PG-13) DIG (1240 110 350 420) 705 730 1015
SCHOOL FOR SCOUNDRELS (PG-13) DIG (1225 245 505) 755 1025
OPEN SEASON (PG) DIG (1210 1245 220 300 440 515) 700 740 920 950
JET LI'S FEARLESS (PG-13) (1200 215 445) 720 950
ALL THE KINGS MEN (PG-13) DIG (105)
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1215 230 455) 735 955
THE ILLUSIONIST (PG-13) DIG (400) 715 1000

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale DOWNLOAD FESTIVAL UK (R) - ID REQ'D ★
DEPARTED (R) - ID REQ'D DIG (105 200 300 430) 645 720 800 1000 1040
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D DIG (120 150 340 420) 710 750 930 1020
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (110 140 330 410) 700 740 920 1005
SCHOOL FOR SCOUNDRELS (PG-13) (130 400) 730 1010
HOLLYWOODLAND (R) - ID REQ'D DIG (100 350) 650 940
INVINCIBLE (PG) (135 440) 725 950

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale ONE NIGHT WITH THE KING (PG) ★
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D DIG (1200 1245 230 315 500 545) 730 830 1000
DEPARTED (R) - ID REQ'D DIG (1200 130 330 500) 700 830 1030
EMPLOYEE OF THE MONTH (PG-13) DIG (100 415) 720 1010
THE GUARDIAN (PG-13) DIG (1215 115 330 445) 715 800 1015
OPEN SEASON (PG) DIG (1215 115 245 430 515) 700 745 930 1000
SCHOOL FOR SCOUNDRELS (PG-13) DIG (1220 250 510) 750 1020
FLYBOYS (PG-13) DIG (1230 345) 710 1020
JET LI'S FEARLESS (PG-13) DIG (1250 420) 745 1030
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1210 240 510) 740 1010
GRIDIRON GANG (PG-13) DIG (1240 400) 720 1015

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale DOWNLOAD FESTIVAL UK (R) - ID REQ'D ★
Adv. Tix on Sale KISS ON THE BIG SCREEN (NR) ★
DEPARTED (R) - ID REQ'D DIG (1230 130 345 445) 700 800 1015
EMPLOYEE OF THE MONTH (PG-13) DIG (145 500) 745 1030
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D DIG (100 200 330 430) 630 730 900 1000
THE GUARDIAN (PG-13) DIG (1230 130 345 445) 700 800 1000
SCHOOL FOR SCOUNDRELS (PG-13) DIG (115 415) 730 950
OPEN SEASON (PG) DIG (200 430) 715 940
OC: JACKASS: NUMBER TWO (R) - ID REQ'D DIG (515) 1030
JET LI'S FEARLESS (PG-13) DIG (1245 400) 645 930
JACKASS: NUMBER TWO (R) - ID REQ'D DIG (215) 815
GRIDIRON GANG (PG-13) DIG (1245 330) 645 940
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TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D DIG (1140 1215 200 240 420 500) 700 740 920 955
THE GUARDIAN (PG-13) DIG (1200 1230 305 335) 640 720 945 1025
SCHOOL FOR SCOUNDRELS (PG-13) DIG (100 400) 750 1010
OPEN SEASON (PG) DIG (1130 1205 150 230 410 445) 705 735 925 950
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JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1125 155 430) 800 1015
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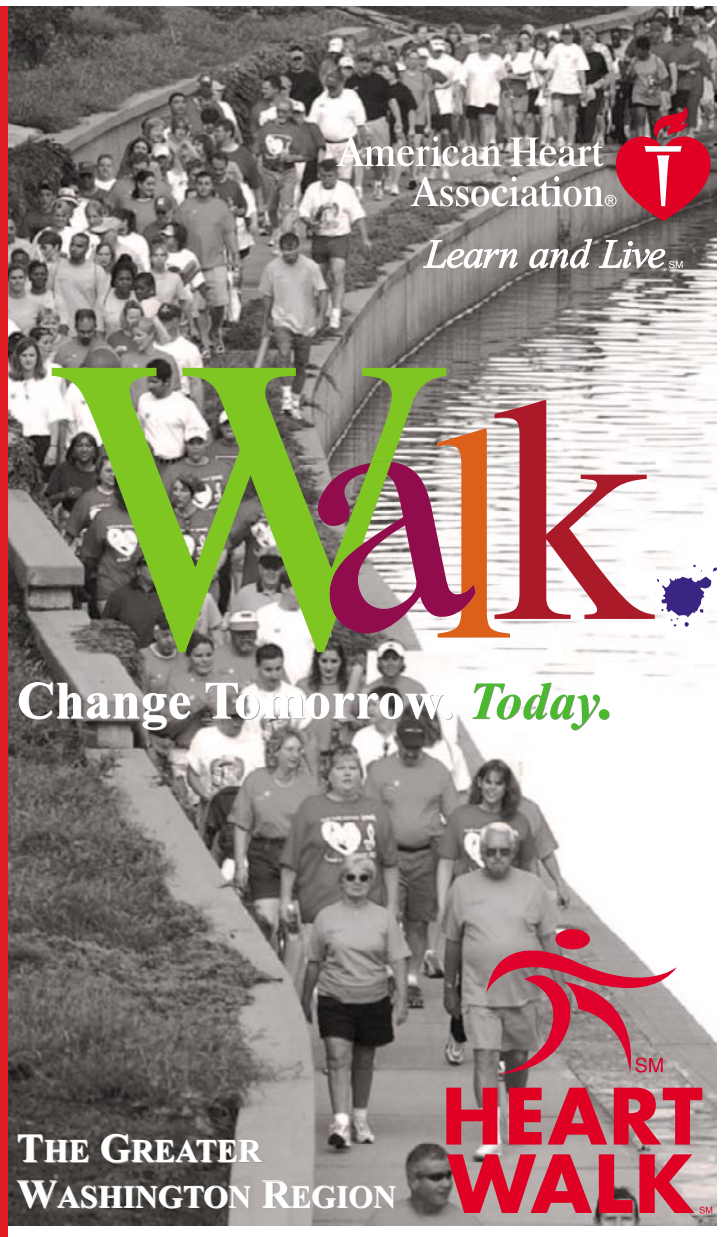
Times For 10/10/06 Daily Bargain Matinees In ( ) OC= Open Captioned DA= Descriptive Audio Available * Pass / Discount Ticket Restrictions Apply ©2006



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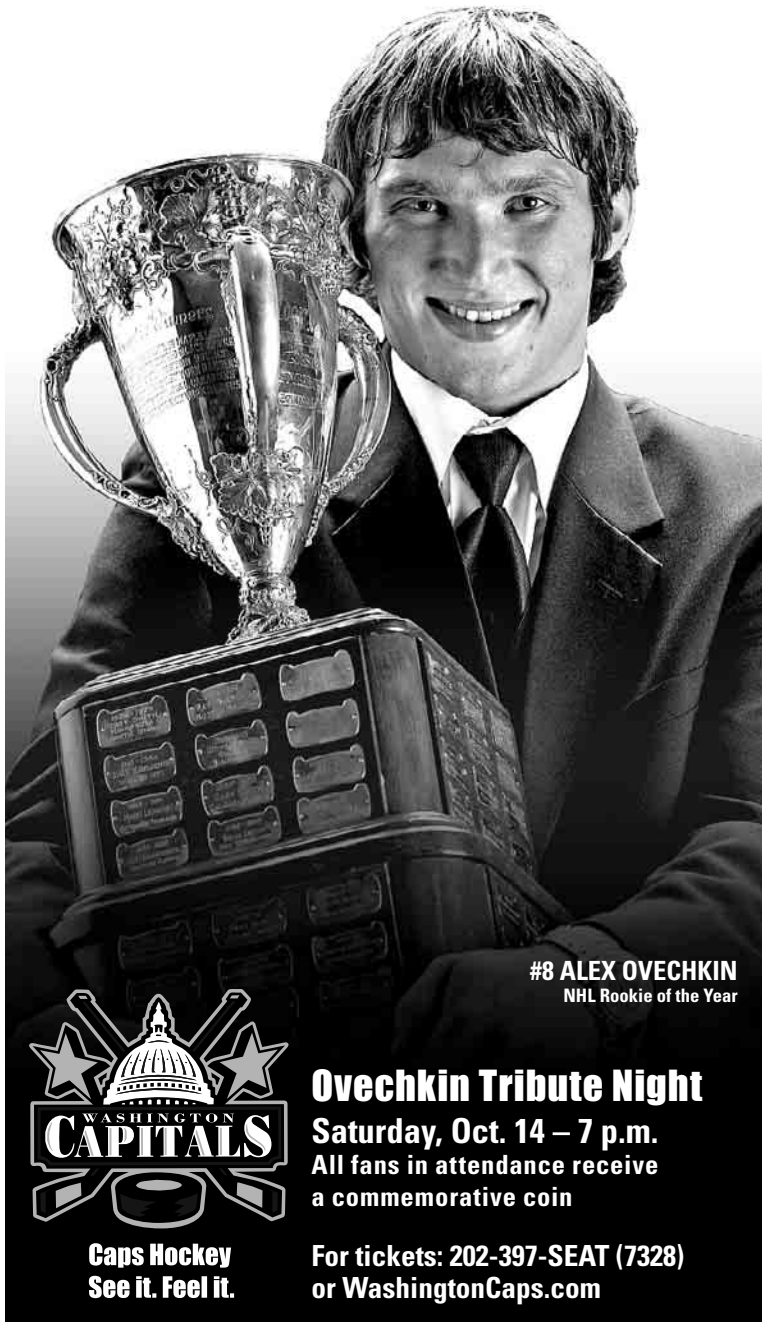

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HART WILL GO ON: Doesn't it feel as if Mary Hart has been anchoring CBS' "Entertainment Tonight" for decades? The perky gossipeuse, in her 25th season on the show, has just signed a multiyear contract to stay behind the "ET" desk.

Television

ON TV TONIGHT

THE TERRORIST NEXT DOOR

FRONTLINE (9 p.m., PBS) presents "The Enemy Within," a look at the FBI's efforts to infiltrate and capture homegrown terrorists before they have a chance to strike.

HEY, LADY! YOU DEAD?

Jerry Lewis guest stars on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC) as an elderly homeless man and murder suspect who happens to be Munch's estranged uncle.

REPRESSED BRITS CELEBRATE ANNIVERSARY WANLY

TV-themed DVDs available today include the 25th anniversary edition of **BRIDESHEAD REVISITED**. This adaptation of Evelyn Waugh's novel is still considered the finest TV miniseries ever made.

PBS

"Frontline" talks to FBI agents and others about homegrown dangers.

EMMA IN A MINISKIRT

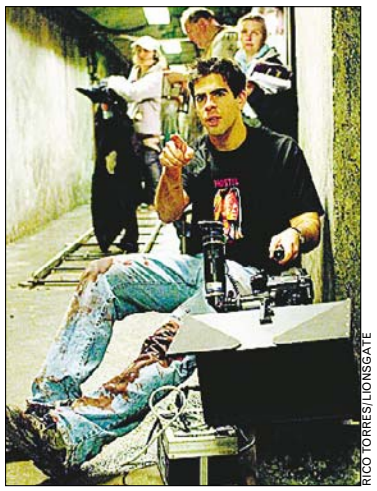
A well-meaning teen (Alicia Silverstone) meddles in others' affairs while remaining oblivious to her true feelings in the popular 1995 romantic comedy **CLUELESS** (8 p.m., Bravo). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Spike's Horror Show

We all scream for fantasy and sci-fi on this new awards show

GORE VALUES | The boy's-only clubhouse that is Spike TV may be struggling to find its feet, but good news can be found in the "Spike Scream Awards" (10 p.m.)

Billing itself as the first awards show for science fiction, fantasy, horror and comic books, this event should be more fun than a truckload of chain saw-toting zombies. Where else will you find categories like Most Vile Villain and Most Memorable Mutilation — the latter's nominees include "Eye Removal" and "Vaporized by Aliens" — alongside Best Director and Breakout Performance?



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MORE BLOOD, PLEASE: "Hostel" director Eli Roth on the set of his horror flick.

The lineup of nominees is, interestingly, a relatively mainstream one. If Quentin Tarantino, Robert Rodriguez, Tim Burton and other playfully dark boys have done anything for American cinema, it's make this sort of genre filmmaking so popular as to be ordinary. So "Pirates of the Caribbean" and "Batman Begins" and ABC's "Lost" and "A History of Violence" are nominated alongside Rob Zombie's "The Devil's Rejects" and "Saw II."

Which brings with it the usual bittersweetness of legitimization — where will all the cultists go now? ARION BERGER (EXPRESS)

10.10.06		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News CC		Nightly News	Access Hollywood	Friday Night Lights (N) CC		Law & Order: Criminal Intent (N)		Law & Order: Special Victims Unit (N)		News CC	Tonight Show
	WTTG 5	Every-Raymond	The Simpsons	The Simpsons	Seinfeld CC	MLB Baseball American League Championship Series Game 1 -- Teams TBA. (S Live) CC						News	Geraldo at Large
	WJLA 7	News CC	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Dancing With the Stars (S Live) CC			Help Me Help You	(:01) Boston Legal (N) CC		News CC	(:35) Nightline
	WUSA 9	News CC	Evening News	9News Tonight	Entertainment	NCIS "Faking It" (N) CC		The Unit "Manhunt" (N) CC		Smith "Four" (N) CC		News CC	Late Show
	WDCA 20	Divorce Court (N)	Divorce Court	Judge Joe Brown	Judge Judy (N)	Desire "Here Comes the Bride" (N)		Fashion House "All in the Family" (N)		News	Scrubs CC	That '70s Show	That '70s Show
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "The Viking Deception"		Frontline "The Enemy Within" (N)		Frontline "From China With Love"		Conquistadors CC (DVS)	
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "The Viking Deception"		Nature "Under Antarctic Ice"		Frontline "The Enemy Within" (N)		Charlie Rose (N) CC	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! "Malice Aforethought"		Renee's Story: Every Woman's Risk		BBC World News	Tavis Smiley	Charlie Rose (N) CC	
	WDCW 50	My Wife and Kids	Bernie Mac	My Wife and Kids	Bernie Mac	Gilmore Girls "Lorelai's First Cotillion"		Veronica Mars (N) CC		Friends CC	Friends CC	Sex and the City	Sex and the City
BASIC CABLE	A&E	Cold Case Files CC		Crossing Jordan CC		CSI: Miami "Money for Nothing"		Bounty Hunter	Bounty Hunter	Inked CC	Inked CC	Inked CC	Inked CC
	Animal	The Crocodile Hunter Diaries CC		The Most Extreme Large mouths.		The Most Extreme "Gardeners" (N)		Awesome Pawsome CC		Miami Animal Police CC		The Most Extreme "Gardeners"	
	BET	106 & Park: BET's Top 10 Live CC			College Hill CC	★★ "Breakin' All the Rules" (2004) Jamie Foxx, Gabrielle Union. CC				Beef: The Series	Vince Young	Jamie Foxx	Jamie Foxx
	Bravo	Project Runway "Black and White"		Friday Night Lights "Pilot" CC		★★★ "Clueless" (1995, Comedy) Alicia Silverstone, Stacey Dash. CC				Project Runway "Editorial" CC		Project Runway "Reunion" CC	
	Comedy	(5:00) ★ "Slackers" (2002) CC		Scrubs CC	Scrubs CC	Daily Show	Colbert Report	Mind of Mencia	South Park CC	Mind of Mencia	Chappelle's Show	Daily Show	Colbert Report
	Court	Forensic Files	Forensic Files	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC	The World's Worst Drivers		On the Run "Scotscam" (N) CC	
	Discovery	It Takes a Thief "Inherited Fortune"		How It's Made	How It's Made	Oil, Sweat and Rigs CC		Dirty Jobs Antique printing press.		Fugitive Strike Force "On the Run"		Dirty Jobs "Shrimper" Shrimp season.	
	DISCH	Code Blue "Witching Hour"		Impact: Stories of Survival CC		Little People, Big World		Untold Stories of the E.R. CC		Hypersexual Behavior CC		Little People, Big World	
	Disney	Phil of the Future	Zack & Cody	Phil of the Future	That's So Raven	"Don't Look Under the Bed" (1999) Erin Chambers, Eric Ty Hodges II. CC				Life With Derek	Phil of the Future	Zack & Cody	That's So Raven
	E!	Jennifer Aniston		E! News (N)	The Daily 10 (N)	Pink: The E! True Hollywood Story		Beyonce Uncut	The Soup	Girl Next Door	Girl Next Door	E! News	The Daily 10
	FX	King of the Hill	That '70s Show	That '70s Show	★★ "XXX" (2002) Vin Diesel, Asia Argento. A spy tries to stop an anarchist with weapons.					Nip/Tuck "Faith Wolper, Ph.D."		(:05) Nip/Tuck "Faith Wolper, Ph.D."	
	HGTV	If Walls Could	What's-House?	What You Get	House Hunters	Designed to Sell	Save My Bath (N)	Decorating Cents	24 Hour Design	House Hunters	Buy Me (N)	Parents House	FreeStyle (N)
	Family	Everwood "We Hold These Truths"		Gilmore Girls CC		★★★ "Under the Tuscan Sun" (2003) Diane Lane, Sandra Oh. CC				Whose Line?	Whose Line?	The 700 Club CC	
	History	Modern Marvels: Death Devices		Modern Marvels: Horsepower CC		Tsunami 2004: Waves of Death CC		Mega Disasters CC		Shootout! High-stakes bank robbery.		Mega Movers "Giant Structures"	
	Lifetime	Reba CC	Reba CC	★★ "Miracle Run" (2004, Drama) Mary-Louise Parker, Aidan Quinn.				"Phenomenon II" (2003) Christopher Shyer, Jill Clayburgh. Premiere. CC				Will & Grace	Will & Grace
	MTV	Little Talent	Next	Sucker Free		Laguna Beach	Laguna Beach	Two-A-Days	Two-A-Days	True Life (N)		Parental Control	Parental Control
	NICK	Ned's School	Avatar-Last Air	Fairly OddParents	Jimmy Neutron	SpongeBob	Danny Phantom	Full House CC	Full House CC	The Cosby Show	Fresh Prince	Roseanne CC	Roseanne CC
	SCIFI	Stargate SG-1 "Gamekeeper" CC		Dead Like Me "Death Defying" CC		Dead Like Me "Ashes to Ashes"		Eureka "Many Happy Returns" CC		ECW The first ever Diva Strip Poker.		Tripping the Rift	Tripping the Rift
	SPIKE	The Ultimate Fighter		The Ultimate Fighter		UFC: The Final Chapter (S Live)				Scream Awards 2006 (N)			
	TBS	Seinfeld CC	Seinfeld CC	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	(:05) Friends	(:35) Friends	(:10) Friends	(:40) Friends
	TLC	While You Were Out CC		Rides "Eleanor's Big Bro" CC		Overhaulin' Retooling a 1964 Impala.		Overhaulin' CC		Miami Ink Rapper Lloyd Banks. (N)		Miami Ink "Bad Break" CC	
	TNT	Law & Order "Judge Dread"		Without a Trace "More Than This"		Law & Order "Identity" CC (DVS)		Law & Order "Born Again"		Law & Order "Who Let the Dogs Out"		Law & Order "Myth of Fingerprints"	
	USA	Law & Order: Special Victims Unit		Law & Order: Criminal Intent CC		Law & Order: Special Victims Unit		★★ "Bring It On" (2000, Comedy) Kirsten Dunst, Eliza Dushku. CC				Law & Order: Criminal Intent CC	
	VHI	Hottest Animals		40 Least Hip Hop Moments				The Flavor of Love Meeting families.		The Flavor of Love Highlights.		★★ "Friday" (1995) Ice Cube.	
SPAN.	TELEM	Sala de Parejas	Noti-Telemndo	Viuda de Blanco		Tierra de Pasiones		Amores		Decisiones		Noti-Telemndo	Laura
	UNIV	Que Locura	Noticiero Univ	Heridas de Amor (N)		La Fea Más Bella (N)		Mundo de Fieras (N)		Ver Para Creer		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live) CC		2006 MLB Special (N)		Monster Shark Tournament		2006 World Series of Poker (Taped)		2006 World Series of Poker (Taped)		SportsCenter (Live) CC	
	ESPN2	2006 World Series of Poker CC		Interruption	Primal Quest Utah (N)		NBA Preseason Basketball Philadelphia 76ers vs. Phoenix Suns. From Cologne, Germany. CC					Quite Frankly With Stephen A. Smith	
	CSN	Totally Football	SportsNite CC	College Football Texas A&M at Kansas.						SportsNite (Live) CC		ACC All-Access	Final Score
NEWS	CNN	Lou Dobbs Tonight CC		The Situation Room		Paula Zahn Now CC		Larry King Live CC		Anderson Cooper 360 CC			
	FNC	Special Report (Live) CC		The Fox Report With Shepard Smith		The O'Reilly Factor (Live) CC		Hannity & Colmes (Live) CC		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Tucker		Hardball CC		Countdown With Keith Olbermann		Scarborough Country		MSNBC Documentary		MSNBC Documentary	
MOVIES	AMC	★★ "National Lampoon's Vacation" (1983, Comedy) Chevy Chase. 'R'				★★★ "Stakeout" (1987, Suspense) Richard Dreyfuss, Emilio Estevez. Premiere. 'R'					★★ "Murder by Numbers" (2002) Sandra Bullock. 'R'		
	TCM	(:15) ★★ "Kiss Her Goodbye" (1958, Drama) Elaine Stritch. Premiere. 'NR'				★★★ "Hush... Hush, Sweet Charlotte" (1965, Horror) Bette Davis, Olivia de Havilland. 'NR'					★★★ "Gaslight" (1944) Charles Boyer. 'NR' CC (DVS)		
	HBO	★★ "Monster-in-Law" (2005) Jennifer Lopez. 'PG-13'			Making: Island	The Journalist and the Jihadi: Murder			★★★ "Red Eye" (2005) Rachel McAdams. 'PG-13' CC			Def Comedy Jam	The Wire CC
	MAX	War of the Worlds	★★ "Renegades" (1989, Drama) Kiefer Sutherland, Jami Gertz. 'R' CC				(:20) ★★ "Major Payne" (1995) Damon Wayans. 'PG-13'			★★ "Miss Congeniality 2: Armed and Fabulous" (2005) Sandra Bullock.			
	SHOW	(5:15) ★★ "Saved!" (2004) 'PG-13'		(6:55) ★★ "Sahara" (2005) Matthew McConaughey. iTV. 'PG-13' CC				Dexter (iTV) Murderer contacts Dexter.		Masters of Horror (iTV) CC		Weeds "Bash"	White Boyz
	TMC	Bustin' Bonaparte	(:20) ★ "Amazing Grace" (1974) Moms Mabley. 'G'			★★ "Fade to Black" (2004, Documentary) 'R' CC				★★ "The Final Cut" (2004) Robin Williams. 'PG-13' CC			(:35) ★★ Manic
	STARZ!	(5:05) ★★★ "Copycat" (1995) 'R'		(:15) ★ "Heavyweights" (1995, Comedy) Tom McGowan. 'PG' CC				★★ "An Unfinished Life" (2005, Drama) Robert Redford. 'PG-13' CC				★★★ "Memoirs of a Geisha" (2005)	
	ENCORE	(5:35) ★★ "For Love of the Game" (1999) Kevin Costner. 'PG-13' CC				★★ "National Treasure" (2004, Adventure) Nicolas Cage. 'PG' CC				(:15) ★★★ "Hitch" (2005, Romance-Comedy) Will Smith. 'PG-13' CC			

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GRADUATE DIVISION OF BUSINESS AND MANAGEMENT

SCHOOL OF PROFESSIONAL STUDIES IN BUSINESS & EDUCATION

2186

ATTEND AN INFORMATION SESSION

Washington, DC	Rockville, MD	Columbia, MD	Rockville, MD
Tuesday, Oct. 10	Monday, Oct. 16	Saturday, Oct. 28	Monday, Nov. 1
Noon-1:30 pm	6-7:30 pm	10:30 am-Noon	4:30-7 pm

Classifieds

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To place a classified, call **202-334-6200.**

To advertise a job, call **202-334-4100.**

Credit cards accepted.

SAVE 25% by running your ad Mon. through Fri.

JOBS

Accounting

AP PROFESSIONAL

Top 10 Mortgage Lender located in Rockville seeks F/T A/P Professional. Min. 3 years multi-company work exp; Proficient in Excel and possess exceptional organizational, follow through, written/verbal communication skills. Acctg. software Navision a plus. $30-$35K salary. Send Resume to: careers@masondixon.com

Accounting Assistant - Manassas, VA

Didlake, Inc., a not for profit organization that profits jobs to people with disabilities, is seeking an Accounting Assistant. Duties include all aspects of accounting including distribution of POs, providing back up to payroll, reconciling bank accounts and fringe benefits, coding and data entry of accounts payable paperwork, and paying invoices in a timely fashion. Requires a minimum of High School Diploma and 2 years relevant experience. Excellent communication skills, self motivation, and a strong team player required. Experience with MAS90 a plus! Payroll experience a plus. Salary low 30's dependent upon experience. For immediate consideration apply online at www.didlake.com EOE M/F/D/V People with disabilities strongly encouraged to apply!

Accounting

Junior Accountant

A private country club in No VA has an immediate opening for a Junior Accountant with 3-5 yrs experience and excellent oral and written communication skills. To apply, Fax resume to 703-521-2647.

Accounting

TAX PREPARATION

Freelance work, FT or PT. Earn $100/hr or more. Providing Tax preparation & planning services for individuals & businesses. Exper. is a plus but not req'd. Complete training is avail.

Free 2-Hour Seminar
Saturday, October 14, 10am-12 noon
Sheraton Premier Tysons Corner
8661 Leesburg Pike
Vienna, VA 22182
To register, visit
www.taxprepbiz.com
Or call 800-899-1980
UAC

ACTIVISM

DEFEAT THE REPUBLICANS

$1400-$2200/Month

Had enough of Bush and the Republicans? Work with Grassroots Campaigns, Inc. on behalf of the National Democratic Party to elect Dems. Only 4 weeks until the election. FT/PT/Intern. Dupont Circle. CALL Erin at 202-797-9655.

Admin Asst **$$**

Assistant to the CEO Top Salary

Quantum Companies, a hotel and shopping center owner is seeking an Assistant to the CEO with strong organizational, communication and computer skills and at least 5 years of experience. Attention to detail, accuracy and follow through are a must. Attractive office location convenient to Metro in Bethesda. E-mail resume and letter of interest to: **HR@quantumco.net**

JOBS

Activist

Charity Canvasser

Fundraise for children in developing countries with a leading global charity. $12-$25/hr, healthcare, paid vacation, and career opps. Call now on 703.312.1101 for an interview.

ADMIN ASSISTANT

College grad with strong accounting skills, Excel/MS office a must. FT/PT. Fax resume 301-562-9377 EOE

AUTO SALES

DARCARS®

DARCARS is currently seeking energetic, career minded professionals to join our growing sales team at locations in the DC area. **Experience not required** - we will train in our state of the art training facility! In addition to our aggressive pay plan, we offer:

Health Insurance & 401K
Company Car
Paid Vacation
$80K+ 1st yr earning potential
Rapid advancement

Apply in person, at DARCARS of Silver Spring 12214 Cherry Hill Road, Silver Spring, MD 20904 (at the corner of Rt. 29 and Cherry Hill Rd). Contact Shannon Ryan at (301) 622- 0020 or sryan@darcars.com for more info or to schedule an interview.

Don't miss your opportunity to join one of the regions fastest growing auto groups!!

BANKING

CUSTOMER SERVICE REPS

MAIL PROCESSOR

No Cold Calls

No Commissions.

Guaranteed Base Salary plus Incentives

Full Benefit Package

Lots of Time Off

M - F Set Schedule

ON THE SPOT INTERVIEWS

Justice Federal Credit Union has several opportunities for Customer Service Reps and a Mail Processor. CSR's assist our members with account transactions, answering their questions, promoting our products and services and providing top notch service. We will train you and support your hard work. And as your knowledge grows, we increase your salary! If you have at least one year of customer service experience, we want to talk to you! Mail Processors ensure our mail is processed accurately and timely. See www.jfcu.org for details on these and other currently available positions.

Justice FCU offers competitive base salary plus incentives, the best benefit package in town, a friendly work environment (really!) and opportunity for growth. To apply, e mail resumes and salary requirements to hr@jfcu.org or fax your information to 703-814-8907. You can also be interviewed "on the spot" by visiting our headquarters at 5175 Parkstone Drive, Suite 200, Chantilly, VA 20151, Tuesday - Friday, 10:00am to 2:00pm. Good credit history and the ability to pass a background check required. EOE

JOBS

Admissions Representative

Location: Sanford Brown Institute (Landover, MD)

Essential Functions and Responsibilities:
Meet budgeted enrollment and start goalsKeep detailed, organized, current and historical records of school leads, enrollment and start statisticsManage recruiting and enrollment proceduresKeep appraised of career forecasts and trends related to student recruitmentMaintain student files and keep detailed, current notes in follow up bookContinue to help student after they start classes, or refer them to appropriate official if unablePerform any duties as assigned by supervisor

Education: Bachelors Degree preferred

Skills:
Excellent Customer Service skills
Dynamic and persuasive telephone techniques
Strong communication skills
Ability to work well under pressure in a fast paced environment
Strong interviewing and closing skills
Ability to handle Flexible work schedules
Good computer skills

Experience:
Two to four years sales or recruiting experience

Contact Information:
Kyam McMorris

Director of Admissions

kmcmorris@sblandover.com

BEAUTY— PT Recept. or PT/FT Hair Stylist. Mature & Exp. FFx, VA salon. Call Tue-Fri 703-352-0788 or fax 703-352-0687

BOOKKEEPER/AP/AR

Must know Peachtree, min. 5 yrs exp. Fax 301-808-9517 Attn: Diana

Bookkeeper — FT. To handle accts. payable, billing & payroll. Exp. necessary. Knowledge of Ceridian payroll & MIP accounting software pref'd. Sal. negot. Fax resume & cvr ltr to: **202-544-3709.**

CABINETMAKER

for high-end architectural millwork & furniture co., Rockville, MD. 3 yrs min exp req. 301-230-2500

CAREGIVER (Agile)

Active 10 year old child. Male Caregiver pref'd. Drivers license req'd. Mon-Fri 5pm-8pm Sat. 10am-4pm & Sun 12pm-4pm. Call 703-359-0862

CASHIER—Cashier wanted for cafe in Arlington. FT/PT. Great pay. Call Jay at 703-932-8883.

CHIMNEY REPAIR—English speaking. Will train. Dr Lic. 301-593-2417.

DRIVE - deliver & make money. Commission + Gas reimbursement. A courier company in MD needs couriers with **Cars, Vans/Pick Up Trucks & Bikers with Mopeds.** Call: Sabrina **301-656-4086.**

DRIVER $— A courier company in VA needs drivers with **cars, vans, pick up trucks and mopeds.** Commission + gas incentives. To make an appointment, call Rey today **703-684-7836.**

DRIVER CDL TRAINING

Free audio CD. Revealed secrets to get your CDL w/in 30 days. Start working immed. regardless of criminal record. 24 hr. free info. **1-800-817-4786 ext. 5018.**

DRIVER

CDL Instructor. 5 yrs experience. $13-20/hour. 301-773-8800.

DRIVER

$2200 + Monthly.Independent Contractors needed for local auto parts deliveries. Fuel program and sign on bonus available. Call 1-888-374-3354

Driver

$200-$400 per Weekend

Immediate openings for drivers with insured Full Size Vans or Pick-up Trucks.(No SUVs) MD/Balto area. Please call **410-540-4920** or **703-898-2192.**

JOBS

DRIVER $—A courier co in MD is experiencing a huge growth of business and needs skilled couriers with good knowledge of DC Metro area & own **Van/PU Truck.** Call Dei (M-F) **301-419-2626.**

DRIVER $— Average $800-$1000 in weekly comm. We've raised our rates & need I/C's w/own Van, Car or covered & uncovered pick-up Trucks for routes and local deliveries. **Call Joe today 703-662-2218.**

DRIVER—Alex., VA air freight co. needs Driver to do P/U & del. in metro DC area. Drive co. truck. FT + benes. For interview, call M-F, 9-3pm only: 703-719-5500.

DRIVER—Class A OTR Drivers needed w/ 2yrs of OTR exper. Must have exper. w/produce going east to west. Excellent pay. 703-930-2299 or 703-282-0942.

Driver

DRIVERS
PART-TIME, ON CALL

Our drivers load Washington Post trucks and deliver bundles of newspapers (up to 60 lbs.) to locations within a 50 mile radius of our Springfield, VA & College Park, MD plants. Drivers work 4-6 shifts per wk and 4-5 hrs per shift. Applicants must be available for all shifts, including Friday, Saturday and Sunday nights.

Requirements:
- Valid Class 'A' CDL;
- Zero points on your current driving record;
- Knowledge of the Washington Metropolitan area;
- 2-3 years of driving experience

If you meet these and are interested in a great opportunity, **send a resume & a RECENT copy of your current driving record to the address below.**

The Washington Post

ATTN: HR/DRVR/CP
1150 15th Street, NW
Washington, DC 20071
Fax: 202-912-3677

DRIVER — Earn $600-800/week FT, $9-14/hr PT. Driving for TakeOut Taxi, the area's largest restaurant delivery service. Own vehicle req'd. Call: **301-571-0111.**

DRIVER HELPER

Own car, valid license, fully experienced. Please call 301-919-6065 or fax resume to 301-604-6511.

DRIVERS

Expanding No. VA delivery co. seeks drivers with own car, pickup or van. FT. Very busy. Start ASAP/ call 703-230-0808

JOBS

DRIVER - PAID WEEKLY

With a car, pick-up truck or van. ALL STAR COURIER CO., **301-773-3585**

DRIVER—Truck drivers wanted. No CDL required. Must have experience installing appliances and good driving record. 301-760-7323.

DRIVERS

Bring your own car, pick up truck, or van. Rush courier. 24/7. Paid weekly. Call 301-495-0000.

DRIVERS— with cargo vans needed in Beltsville, MD for route work. Knowledge of DC/Baltimore/ Northern VA areas a must. Call Dick or Carl, 8am - 5pm, Monday - Friday, 301-623-0252.

DRYCLEANING—Exp'd
Drycleaning Pressor needed FT, co. benefits in Alexandria area. 703-998-6464.

FINANCIAL SERVICES

BECOME AN OWNER/
Start Part-Time

Get paid helping others & begin building a financial service business. You may own, willing to train, high earning potential. Call Mr. Burke 240-644-2256 or Ms. Hood 202-744-0612

Fitness

PROGRAM MANAGER (FT)

Corp Hlth/Fitness @ AOL Dulles

Oversee fitness/wellness programs. Great Benefits, growth opportunity. Fax resume 703-265-3103. Email resume/questions to Clubnetcoach@aol.com

HOTEL — Assistant Executive Housekeeper — Newly renovated 187-room hotel. 2-3 years experience necessary. Close to Courthouse Metro station on the Orange Line in Arlington, VA. Please call (703) 247-1002 and leave a message. EOE/M/F/D/V

Housekeeping

Housekeeper

FT Days during t/week, including every weekend. Fairfax Nursing Center, 10701 Main St., Fairfax, VA 22030 703-273-7705. EOE

Get fit Tuesdays in Express

A weekly section about how to look and feel and be your best.

express

A publication of The Washington Post

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Advertising

Advertising Coordinator (Customer Service) Full Time and Part Time Available

The Washington Post is currently searching for high energy Customer Service Representatives who will work in a fast-paced, detailed oriented, and team spirited environment.

Responsibilities:
- Provide service support for sales account managers and advertisers in all areas of sales support.
- Manage ad orders and materials.
- Assure accurate billing.
- Respond to inquiries from both external and internal inquiries.

For more information & to apply online, visit www.washpost.com.

Qualified candidates should send a resume and cover letter to:

The Washington Post

Attn: HR/CSR/CP
Fax - (202) 912-3677
Talentsearch@washpost.com

Classifieds

JOBS

GOVERNMENT

U.S. DEPARTMENT OF AGRICULTURE CAREER FAIR

GEORGE WASHINGTON UNIVERSITY WASHINGTON, DC

The United States Department of Agriculture (USDA) will host a Federal Career Fair on **Thursday, October 12, 2006.** The career fair is open to George Washington University students and to the public.

The event information is as follows:

Location: George Washington University
Foggy Bottom Metro Station:
Blue or Orange Line
Marvin Center
Continental Ballroom
800 21st Street, NW
Washington, D.C. 20052.

Date: October 12, 2006
Time: 10:00 AM - 4:00 PM

LAB AIDE/HISTO TECH—MAPS, a Path lab in Sterling, VA seeking F/T indiv. w/BS in Biology btwn 6am-2pm. FAX resume to: **703-404-1131**

LEGAL ASSISTANT

Silver Spring. Dynamite pay, benefits, parking, bonuses, raises & advancement for dynamite litig. exper., smarts & drive. 1-year min. relevant exper. req'd. **Fax 301-495-8815; www.markskatz.com**

MARKETING/SALES/MGMT
Entry Level $600-$900/WK
Nat'l Corp needs 6 sharp trainees to learn Mktg business from ground floor. Complete training. Salary, commission, bonus. Car required
ALSO Bilingual Welcome.
NO EXPERIENCE NECESSARY
703-683-8900.

Mechanical

Parts dept seeks detail-oriented person w/excel. customer svc skills, to work at our Manassas, VA branch. Forklift exper. a plus, pay commensurate w/exper. Co. offers 401K, health, life ins, pd uniforms, vac & holidys. Contact Bob Smoot 410-242-2159.

MEDICAL ASSISTANT
VP Cert req'd. Washington, DC area. Varied hours. Excellent salary & benefits. Fax to Lucia: 949-251-0350 or **lucia.alvarado@gevity.com**

Nursing

ICU & NICU Nurses Needed
Premier Military Hospital
in Bethesda, MD
Contact Charlene at
OMV Medical
301.270.9212
charlene@omvmedical.com

Medical

CHARTERED HEALTH PLAN
Healthcare Is Within Your Reach!

Health Information Management Services Supervisor
(Medical Records Supervisor)

Chartered Family Health Center
- 5 yrs. healthcare environment, min.1 year of supervisory exp.
- AA degree in Health Information Mgmt Technology, business or related field or equivalent combination of education and exp. required.
- RHIT certification preferred
- Membership in the HIMS national association required.

Visit our website at
www.chartered-health.com for full details

Submit resumes online
No phone calls please
EOE

MOVER/DRIVER—able to run a crew, call Steve 703-622-0570

NANNY/HOUSEKEEPER
Wanted in the Fairfax area. Must be experienced female, speak some English. Mon-Fri 7am-5pm, driver's license req'd. Call 703-359-0862

NANNY—Live in nanny. Non-smoking. Mon-Fri. FT. 2 school kids and a toddler, all girls. Light housekeeping. Call Vida 301-869-8378.

Nursing

LPN & CNA—with pediatric exp. Call 301-925-9271

ONLINE SALES

ONLINE AD SALES ASSISTANT

Downtown Washington publisher seeks support person for our online advertising sales manager. Duties include, but not limited to:

- helping put together advertising proposals
- assisting with implementation and management of advertising campaigns on the ad server
- monthly invoicing of clients
- occasional client follow-ups
- generation of monthly revenue reports
- various support tasks such as travel arrangements for staff, ETC.

Excellent telephone, internet and e-mail skills a must. Excel and Powerpoint experience required. Must have interest in online advertising sales.

If qualified, send resume with cover letter and salary requirement to:

Human Resources Department
Kiplinger Washington Editors
1729 H Street, NW
Washington, DC 20006
human.resources@kiplinger.com
FAX: 202-496-1817
Equal Opportunity Employer

PLANT TECH — Plantscapers/Plant Lovers. FT/PT. Needed to maintain plants inside lobbies, offices, hotels. Must have reliable transportation. CALL: **1-800-635-8530.**

WeekendPass performs. Thursday.

PLUMBING
Plumbers, Pipe fitters & Welders for comm'l/resid. high-rise projects in Annapolis, MD, Alexandria, & Quantico, VA. 5+ yrs. exper. Own tools & transportation req'd. Great pay & benes.
CALL: **240-417-3958.**

Property Management

MAINTENANCE TECHNICIANS

Riverstone residential group, a leading property management company is looking for Maintenance Technicians for a busy 748 Unit Community in Centreville VA. Technicians must be skilled in general maintenance, plumbing, electrical, HVAC & appliance repairs. CFC Certification is a plus. Applicants must have a valid driver's license & reliable transportation. We offer an excellent pay & benefits package with career path training to guide you through the advancement opportunity RRG offers. Please fax your resumes & qualification to: Attn: Bo Rattan at:703-631-3436.

RECEPTIONIST
FT pos. avail. in SS, MD. HS Grad. Answer phone, scheduling, multi-tasking & MS skills req'd. Call 301-563-3334 or email to trauma24@hotmail.com

Restaurant

ALL BOH AND FOH POSITIONS FOR NEW RESTAURANT
BLT Steak is coming to Washington DC and we are looking to hire all BOH and FOH positions. Apply in person at 1625 I St., NW, Mon., Oct. 9 or Tues. Oct. 10 between 3PM-6PM or send resumes to:
resumes@bltsteak.com OR Fax 212-752-3972

Restaurant

EXECUTIVE CHEF
For busy Upscale catering Company near Dulles Airport. Great opportunity with national chain.
Fax resume to: 703-723-3090.

RESTAURANT GRILL COOK
For carryout in Temple Hills. No experience necessary. Will train. Near Metro. 301-894-1188

RETAIL
Computer retailer seeks F/T techs and F/T warehouse/shipping, driver & salesperson. Good pay + benefits. Send resume to: jobs@pcretro.com

Retail

Make money and make a difference
MOM's (My Organic Market) is hiring at all locations (College Park, Rockville, Columbia and Alexandria) Visit: http://myorganicmarket.iapplicants.com to view open positions and apply today!

RN Instructors Needed
Want to make $30-35 per hour? RN's with BSN or MSN needed to teach nursing in a DC nursing academy for its PN Prog. Email resume to vray@vmtltc.com or fax (202) 282-3109. EOE

SALES/WELLNESS

INDEPENDENT SALES REPS
Forget the suit & the commute. $1 Trillion Wellness industry, 63 Countries. Call for free DVD, 800-520-0013 www.4MoneyToBurn.com

SEAMSTRESS/TAILOR—FT, co. benefits in Alexandria area. 703-998-6464.

SALES

The Washington Post

Advertising Rep Inside Sales

Join the Advertising Sales team! 32 or 15 hours/week, daytime hours. Great entry-level advertising sales and career advancement opportunity! Exciting, deadline-driven environment. Use your phone selling and persuasion skills. Build revenue toward your individual sales goals. Respond to inbound calls, assess advertising needs and recommend advertising solutions, upsell and cross-sell. Base plus commission pay structure. Min. 40 WPM, excellent client service skills required. **Call center experience preferred.**

www.washingtonjobs.com

Send resume to:
Talentsearch@washpost.com
Attn: TSR/JT.

We are committed to diversity & promote a drug-free environment.

Sales - Avon Sales Rep.

Earn extra $$$. Call Jeanette 240-305-1553.

SALES

Business Development in Recruitment Advertising at

The Washington Post

We are recruiting multiple sales reps to generate new business. In exchange for your ability to research and target potential advertisers, develop leads, and close new business we offer:

- **Uncapped commissions**
- **Excellent growth opportunities**
- **Great work environment**

For information:
www.washingtonjobs.com

Send resume to:
talentsearch@washpost.com
and reference job code:
MM/JT

We are committed to diversity & promote a drug-free environment.

SALES REP

Access Worldwide has immediate Full-Time positions available for Professional Tele-Sales Representatives.

- Previous B2B sales exp w/proven track record.
- Excellent negotiation and closing techniques.
- Prior Telco Industry, Sales, Telemarketing or CSR experience a plus.
- PC Literacy (Excel/Word/Outlook req'd)
- Must type 25+ WPM
- Weekday schedule, Monday - Thursday 8am-5:30pm, Friday 8-12noon
- Paid Training $10.00 Base salary after $13.00
- Medical, Dental, Vision, and Prescription Benefits

Apply in person:
PG Plaza Metro
6505 Belcrest Rd. Suite- 100
Hyattsville, MD 20782
Rosslyn Metro
1820 N. Fort Myers Drive Suite-300
Arlington, VA 22209
Call: 571-438-6555
Fax: 866-589-7312
E-Mail: recruitment.cs@accessww.com

SALES

POHANKA

Work with us and learn how to make $6K per month.

We Offer:
- Paid Training
- $400 a week salary
- 25-40% Commission
- Full benefits package

Candidates must:
- Have a Valid Drivers License
- Be at least at least 24 years of age
- Be able to work long and flexible hours

You also MUST have:
- A PROFESSIONAL neat appearance
- Very good communication skills

On-site Interview: Tuesday, Wednesday & Thursday 10:00am - 11:30am, 4601 St. Barnabas Rd, Pohanka Automotive Group-Temple Hills, Maryland.

Security

METRO ONE LOSS PREVENTION SERVICES GROUP

OPEN HOUSE INTERVIEWS
Tuesday, Wednesday & Thursday
10:00 a.m. - 4:00 p.m.

3000 Connecticut Ave., NW
Suite 104, Washington, DC 20008

Must have a clean record and pass drug test. Security license a plus.

For more information, please call 1-888-370-6778.

Security Officer
Immediate openings for Security Officers with a min. of 3 yrs security experience to work in NW DC/VA/MD. Must have reliable transportation, good credit history, good communication skills, & a stable work history with no criminal convictions. Starting pay is $11-$12/hr. We also offer Aetna health insurance, performance award & 401K.
To apply, call 301-459-2355
or apply online at:
http://sfi.appone.com.

Security

Supervisor
A private country club in No VA has an immediate opening for a Secutity Supervisor with 3-5 yrs experience and excellent oral and written communication skills. To apply, Fax resume to 703-521-2647.

SOCIAL SERVICES

ELIGIBILITY WORKER II #00170
Salary Range: $34,311 - $56,775
Duties include: interviewing clients, determining eligibility for public assistance program, verifying information, maintaining records, following established policies, procedures and guidelines. Excellent interpersonal skills and proficiency with computers is needed. Bilingual (English/Spanish) REQUIRED. College degree plus two years of eligibility experience preferred. Position requires completed CPS check **prior to hire.** Send VA STATE application forms to: Alexandria Dept. of Human Services, Attn: DHS Personnel, 2525 Mt. Vernon Ave, Alex., VA 22301, Jobline: 703-838-0913
www.dss.state.va.us/geninfo/jobs.cgi
Deadline for submitting applications is 12 noon on Friday October 20, 2006.
EOE/AA

WeekendPass makes the weekend pulse.
Every Thursday in Express.

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CAREER FAIR

EG&G A Division of URS

With new contracts and remarkable resources, EG&G is working to keep America strong and we invite you to join us!

EG&G is actively recruiting candidates to support Navy (both Submarines and Surface Ships) programs. We have over thirty years experience supporting the military in critical areas such as shipbuilding Programs, Integrated Warfare Systems, Combat Systems Engineering, Open Systems Architecture and Unmanned Aerial Vehicles. We are looking for entry to senior level professionals to work in our Washington D.C. and Arlington, VA offices in the following areas:

*Program Management
*Hull, Mechanical and Electrical Systems Engineers
*Acquisition Management
*Ship/Combat Systems Engineering
*Program Management Support
*Integrated Logistics Support
*Fleet Support Specialists
*Software Engineering Mgmt
*SUBSAFE Engineers
*Cost/Financial Analyst

EG&G is also actively recruiting candidates experienced in the design, fabrication, and deployment of machinery in the ocean and marine environment to support U.S. Navy RDT&E efforts in the following disciplines for our Ijamsville, MD office:

*Mechanical Engineering
*Ocean Engineering
*AutoCAD Designers
*Machinists

We offer industry competitive compensation and excellent benefits, including company matched 401(k), employee stock purchase plan, health, dental and vision insurance, educational assistance and flexible spending accounts.

If you're unable to attend, please visit our career center at www.egginc.com to apply and for a complete listing of our opportunities!

EOE/AA M/F/D/V

EG&G Career Fair,
Wednesday, Oct. 11, 2006
Crystal City Marriott
11:00AM - 6:00PM
Meet one on one with our hiring managers!
703-868-1773

We are looking forward to meeting you! **www.egginc.com**

LAW ENFORCEMENT

METROPOLITAN POLICE WASHINGTON D.C.

WASHINGTON, D.C.
METROPOLITAN POLICE DEPARTMENT
SEMI-ANNUAL CAREER EXPO

in front of Police Headquarters
300 Indiana Avenue NW
Saturday, October 14, 2006 9AM - 5PM
(By Metro - Red Line to Judiciary Square)

POLICE OFFICER: Starting Salary: $44,611
LATERAL OFFICER: $46,842 - $65,907

On-Site Testing for Entry-Level and Lateral Police Officer Positions
(Bring Driver's License and Black Ink Pen)

Minimum Requirements at The Time of Application
- Be 21 years of age (no max age cut-off)
- Be a United States Citizen
- Honorable Military Discharge (if applicable)
- Possess a Valid Driver's License
- Have earned at least 60 college credits (from an accredited college or university)

Extensive Benefits Package

For further information regarding a rewarding career
Call or Visit The Office of Recruiting Outreach at:
300 Indiana Avenue NW, #2169
202-727-2767 or 1-800-99-4MPDC
www.mpdc.dc.gov

An Equal Opportunity Employer

Classifieds

JOBS

Social Services

Immediate openings in a Medicaid Day Program for Adults with intellectual disabilities. Must have outstanding interpersonal skills, excellent written & communication skills. Candidates should be enthusiastic self-starters, have excellent organizational skills, and be detail-oriented. Must be proficient in Microsoft Office Suites. The openings are as follows:

- **LPN** — Requires certifications & license. **NO EVENINGS, NO NIGHTS, NO WEEKENDS.**
- **SOCIAL SERVICE ASSISTANT** — Requires a min of 3 yrs in the field. Case management pref'd. **Must have a degree in social work. (BSW).**

Current TB test & background check req'd. EOE. Competitive salary & excellent benefits. Please fax resume & references to: (202) 832-2474.

TELEMARKETING

Earn up to $25/hr. NOVO1 is looking for highly skilled, exper'd inside sales reps to market for Fortune 100 co. FT/PT. Great working environment, Laurel, MD. Call 301-361-1111, ask for Mark.

WAREHOUSE

Exp'd Warehouse Workers with pallet jack skills needed for jobs in Landover area. $10/hr. All shifts. (Also hiring Laborers & Packers.) Apply in person: Steady Staff, 312 Marshall Ave., Ste 106, Laurel, MD 20707; 301-362-3081.

Web Developer

Fed Govt Contractor seeks Web Developer for position in DC. Must have exper with Webtrends, Flash, IIS, SQL, Photoshop. Must be able to pass security check. Send resume and salary requirements to maria.smith@mpcc.net

Writer

SPEECH WRITER
Federal Career Opportunity

Outstanding opportunity for experienced, creative, innovative professional speechwriter! The successful candidate will serve as the lead speech writer for senior executives of the Transportation Security Administration, a component of the Department of Homeland Security. This professional will translate and convey complex material, policies and other information into language accessible to diverse audiences, and successfully manage multiple writing and public affairs/relations projects under tight deadlines in a fast-paced work environment. Specific written products will include speeches, op-eds, and articles. Must be adept at defining target audiences and developing, composing and presenting key messages on transportation and homeland security issues. The salary range is as advertised on the vacancy announcement. For additional information and to apply for the vacancy, please visit www.usajobs.com. The vacancy announcement number is TSA-06-1954, which closes on October 13, 2006. All interested applicants should submit a writing sample or example of a speech you have written along with your application. Questions, issues, or concerns can be directed to: TSA Recruitment Office, Attn: Ms. Nicole Harris, 2711 Jefferson Davis Highway, Suite 601, Arlington, VA 22202. Or call: 703-415-7501, ext. 316.

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FURN— LIV RM furn: 3 pc, sofa, loveseat, chr $450. DIN RM furn: china cab, tbl & 4 chrs, $750. BED RM furn: Queen size cannonball bed, 2 pc hutch dresser, lge chest & nite stand $1,050. Beautiful 5 pc solid oak lighted wall unit w/entertainment ctr $1,850. Solid Oak King size wall unit w/mirror, lge chest & 2 pc dresser $,950. 301-888-2599

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FT WASH—SF 3/4BR, 2FBA, Fin bsmt, w/d, w/w, driveway, cul de sac st. Must see $1850+uts 301-780-8936 savvymw@yahoo.com

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NE/21 Todd Pl. — 5BR, 2BA TH. Sect 8 welc, $2,600 mo. 202-437-7565, 240-338-0955.

NE/CAP HILL—Great location, 11th/6th St. 1st floor apt, 1BR, new kit, ac, hwd flrs or crpt, large fenced yard, Sect 8 OK, 202-543-2254

NE/DEANWOOD—3BR, 2BA fin bsmt, $1750. Sect. 8 ok. 202-327-3779

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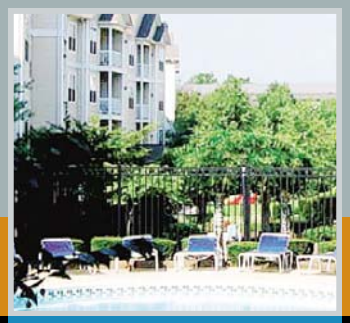

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Columbia—$495/mo utils incl, to share townhouse. No smkng, no pets. Call Lucy 410-302-2015

FAIRFAX/GEO MASON/CLIFTON—Shr lge nsmkg hse on 5 ac., A/C, cable, highspeed Internet, sauna, hot tub, pool tbl., sm furn rm w/ BA, $400; lge furn rm $575; part. furn 1 & 2 BR apt w/ frplc., 1½BA $985. Share utils. Call 703-766-1790
Horse stalls available.

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Classifieds

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STEW MILNE/AP

CORNY IDEA: A couple and their dog try to navigate Escobar's corn maze in Rhode Island, one of several around the country.

The Stalk Market

Recreation

Families are finding the fun in getting lost in a corn maze

After retracing their steps several times, using crushed soda cans as markers and scratching directions in the dirt, Kerry Anderson and her group reached another dead end inside the corn maze — or was it the same one they were at a few minutes ago?

By now, Anderson, her two friends and their children realized they were lost. "How do we get out of here?" Anderson's 6-year-old daughter, Adelynn, asked.

But they didn't mind. They were enjoying the day at a corn maze at the Escobar's Highland Farm in Portsmouth, R.I., amid densely packed cornstalks that towered eight to 10 feet tall.

Corn mazes have grown in popularity as recreational sites around the country in recent years, said Brett Herbst, founder of a Utah-based company hired by Highland Farm to design and cut the maze.

She said navigating the maze keeps the children active and entertained at the same time. Her friend, Erin Kenny, said it helps the children cultivate their sense of direction.

The walk is divided into two levels of difficulty and covers two miles of twists and turns through an eight-acre maze shaped like the American flag.

"We wanted to do something patriotic," said Lori Clarke, who manages the maze from a wooden shed in front of the maze. For the past six years, the designs have mostly been farm animals — a cow, a rooster, a pig or a horse. In 2004, it was in the shape of Rhode Island's Aquidneck Island.

Herbst's company, MAiZE, uses a computer program to design the patterns. Herbst said the cornfield is cut when the crop is about six inches to a foot tall. Pole markers are used to guide workers as they mow the field to form the desired pattern.

Clarke said the challenge each year is to come up with a design that is neither too difficult nor too easy to navigate.

"We want people to get lost but not too lost," Clarke said.

To help those who get lost, "corn cops" patrol the maze periodically. They are maze employees armed with maps that no one else is permitted to have.

After being lost in the maze for 15 minutes, the children and their mothers decided to seek the help of a corn cop. They found their way back to the ticket booth, where Katee McLaughlin offered her help.

It was McLaughlin's first day on the job, but she directed the group confidently to the next post, giving them further instructions before leaving them to explore the maze by themselves again.

"All right, we're on the outside track. Woo-hoo!" Kenny exclaimed as she pushed her 1-year-old son, Angus Chelebecek, in his stroller. The other children, undaunted, ran ahead. CHELSEA PHUA (AP)

A-MAZE-ING SEARCH
How to find a corn maze near you

→ There are corn mazes in nearly every state. To find one near you, contact your state Department of Agriculture or tourism office, or go to http://www.cornfieldmaze.com. Click on "Visiting a maze" and "Find a maze near you" for a clickable map.

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A U.S. Government Agency
EQUAL HOUSING LENDER

LOOK out

Hallmark Rocks Out

Greetings

When you open up a card, your favorite song may be waiting

Hallmark Cards Inc., the nation's leading card company known for its traditional values, is suddenly rocking.

The company's new Sound Cards — the first line ever to use original songs from original artists — have young and old tuning in to everything from Johnny Cash's "Ring of Fire" to the Royal Philharmonic Orchestra, Tim McGraw to the Rolling Stones. Feeling frisky? Let Marvin Gaye tell your loved one, "Let's Get It On."

Unveiled with a trial run of two dozen designs about a year ago, the Say It With Music line expanded to more than 220 with a July release. Christmas will bring waves of seasonal cards, and while some cards tied to movies and TV — including "Star Wars" and "Law & Order" — are already available, a new wave will hit the stands in January.

> "These aren't cover bands and re-records. So the work to put out an offering of this size is amazing."
>
> TIM BODENDISTEL
> HALLMARK

While the AM-radio quality sound may not be a dramatic improvement over previous sound cards, the cards distinguish themselves by featuring recognizable music hits.

"These aren't cover bands and re-records," said Tim Bodendistel, one of three art directors for the line. "So the work to put out an offering of this size is amazing."

Hallmark hopes it pays off, boosting the bottom line of a company that had $4.2 billion in revenue in 2005. While it won't say what percentage of that revenue is derived from the sale of greeting cards, the company says Sound Cards have so far fueled a 9 percent increase in sales of everyday cards compared to 2005.

ORLIN WAGNER/AP

The halls are alive with music with Hallmark's Sound Cards, featuring original songs.

Mila Albertson, membership services director for the Washington, D.C.-based Greeting Card Association, said card sales generate about $7 billion a year. Most of the industry's recent growth has centered on "high-end cards."

Hallmark's chief rival, Cleveland-based American Greetings Corp., is designing cards that include everything from sound and movement to lighting effects.

Hallmark designers also say the Sound Cards, which sell for $4.99, could help the company shed its staid image by resonating with teenagers and men, two demographics that traditionally have been difficult to reach.

The cards are one way Hallmark is attempting to keep pace with e-cards, text-messaging and e-mail while at the same time staying true to the traditional greeting cards the company was founded on, said Deidre Parkes, a spokeswoman for the Kansas City-based company.

"We know card-sending has been, we say stable, you say flat," Parkes said. "We also knew as a company it was important to look forward. This is something we invested heavily in."

Hallmark has licensing agreements with several record companies and publishing houses, though cards still need each artist to approve. In the case of an upcoming Charlie Chaplin card, the company needed a dozen Chaplin heirs to agree to it.

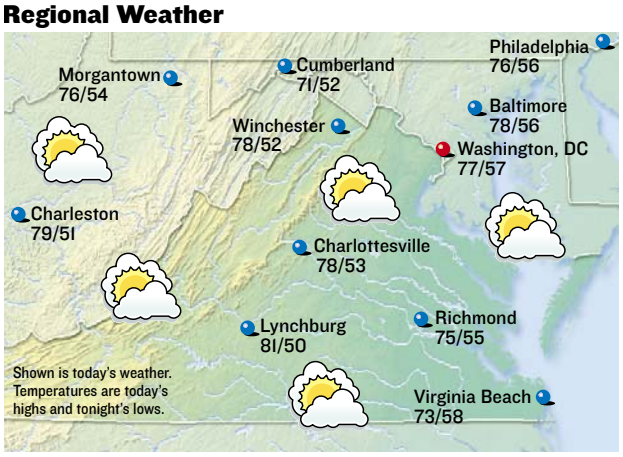
"You have Louis Armstrong to Smashmouth, 'Napoleon Dynamite' to 'I Love Lucy.' You're connecting with so many different people," Bodendistel said. "People build on them because it's more like a gift."

DAVE SKRETTA (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Several hours of sunshine	Becoming mostly cloudy	Partly cloudy	A couple of showers possible	Breezy, colder, partly sunny	Mostly sunny, cool
77°	57°	69° / 60°	79° / 52°	54° / 43°	58° / 47°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	76°
Low	52°
Normal high	71°
Normal low	52°
Average humidity	65%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	2.25"
Normal month to date	1.01"
Year to date	38.24"
Last year to date	37.05"
Normal year to date	31.06"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

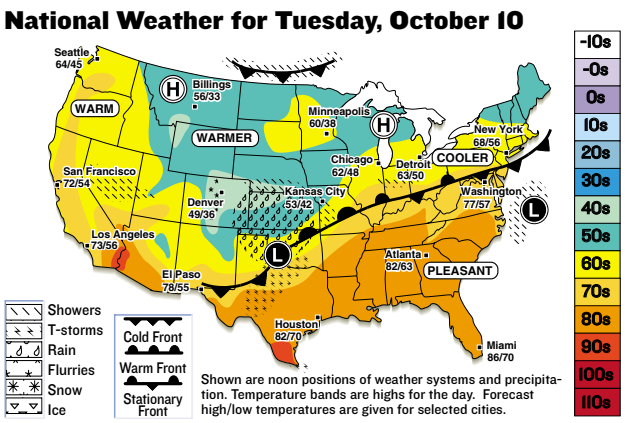
D.C. Metro: Today, partly sunny, warm. High 77. Wind northwest 7-14 mph. Tonight, mostly cloudy. Low 57.

Sun and Moon

Sunrise today	7:12 a.m.
Sunset tonight	6:37 p.m.
Moonrise today	8:47 p.m.
Moonset today	11:34 a.m.

Last	New	First	Full
Oct 13	Oct 22	Oct 29	Nov 5

National Weather for Tuesday, October 10



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	82/63/pc	76/64/pc
Boston	64/50/s	60/55/pc
Chicago	62/48/pc	56/36/sh
Dallas	80/62/t	80/55/pc
Denver	49/36/r	58/23/sh
Honolulu	85/74/pc	87/74/pc
Los Angeles	73/56/pc	76/57/pc
Miami	86/70/pc	87/74/pc
New York City	68/56/s	64/59/c
Orlando	86/63/s	88/68/pc
Seattle	64/45/s	66/48/s

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	68/56/pc	68/57/c
Athens	72/66/r	72/66/r
Berlin	70/46/pc	70/48/pc
Buenos Aires	79/57/pc	81/59/pc
Calgary	47/31/c	44/28/pc
Dublin	61/54/pc	61/52/r
Geneva	70/46/s	70/45/pc
Moscow	54/42/sh	50/38/pc
Rome	76/56/s	77/54/s
Sydney	65/55/s	74/62/s
Tokyo	73/63/pc	68/64/r

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

A Fine Finish

Paris Fashion Week makes a somewhat safe, solid landing

The French house of Lanvin on Sunday brought Paris Fashion Week to an upbeat conclusion, capping a season of ready-to-wear shows that had left many observers feeling underwhelmed.

Fashion editors had arrived in the French capital eight days ago with high expectations, after previous shows in New York and Milan were deemed disappointing.

"Paris has been troublesome, too," said Hal Rubenstein, fashion news director at In Style magazine. "I haven't been stunned. There's so much talent in this city and yet I don't necessarily think that everybody has done their best this season."

A controlled outing from John Galliano at Christian Dior on Tuesday was deemed "polite" (International Herald Tribune), "dreary" (New York Times) and "sensible" (Style.com) — not words one would normally associate with one of the world's most inventive designers.

Ever the rebel, Jean Paul Gaultier sent out an oversized model in his aerobics-inspired display, in what he called a defense of diversity. The French designer celebrated his 30 years in business with a party where leading fashion editors performed magic tricks.

American designer Marc Jacobs struck a particularly odd note with his pastoral romp for Louis Vuitton on Sunday. Models wearing pastel layers and flower braids in their hair resembled a cross between Ukrainian politician Julia Timoshenko and Marie Antoinette.

PARIS Runway REPORT

A cream muslin shepherdess dress could have been lifted straight from his friend Sofia Coppola's recent movie about the 18th-century French queen. Ditto for the pink satin corsets and pastel blue shirts ruched and pinned with white ribbons.

With its busy layers, this sugarcoated collection was hard to fathom at a time when the fashion pendulum is swinging back toward a more hard-edged sexiness reminiscent of the minimalist 1980s.

Israeli designer Alber Elbaz has built a loyal following for his romantic designs for Lanvin, but he cleverly sensed the changing mood. Black dresses made from curvy panels with contrast piping paid subtle homage to '80s style without veering into pastiche.

Alber Elbaz of Lanvin played it safe with shirtdresses.

JACQUES BRINON/AP

Jean Paul Gaultier designed a line for Hermes that included the house's signature scarves evolving into dresses, belts and headbands, like the look shown above.

"I wanted to catch newness. I wanted to catch technology," said Alber Elbaz.

Lanvin's trademark zippers ran across military-style silk jackets with cargo pockets, snap buttons and epaulets. A master with volume, Elbaz draped crinkled parachute silk into bubble dresses, some with billowing drapes in the back.

"I wanted to catch newness. I wanted to catch technology. I wanted to catch almost engineering in pattern, all these forms. They took forever to do and it was the most funny thing to see an old atelier lady sewing a parachute fabric by hand," he said.

His efforts were rewarded with a stadium-worthy cheer.

JOELLE DIDERICH (AP)

Shopping

The World's a Stage

The best shopping in town this weekend is at the **ARENA STAGE COSTUME SALE**. From 10 a.m. to 4 p.m. at the theater's 14th and T streets outpost (1901 14th St. NW), the sale will offer items built or purchased for productions over the past 20 years; that's a dress from "M. Butterfly" at right. Also included will be pieces from "Guys and Dolls," "Damn Yankees" and "The Importance of Being Earnest," just in case you were planning on going Wilde on Halloween. (Get it? And people say an English degree is useless.) One-of-a-kind pieces designed and constructed by real artists await your cash or credit cards (no personal checks will be accepted).

KRISTEN PAGE-KIRBY (EXPRESS)

Beauty

Powder Tough

Mineral cosmetics are all the rage — do we need another line? Yes, if it's as good as **LAURESS** (lauress.com). The hypoallergenic, non-comedogenic, fragrance-free line is great for those with sensitive skin who are serious about makeup. The Eye Lights ($13) range from smoky to shimmery; they go on smoothly and don't drift down to the under-eye area. The Blushing Lights blush ($18) was a bit too dewy for this tester's taste, but would be more workable on someone going for a more youthful look. K.P.K.

Look out Online

from readexpress.com

Don't Anger the Dispatcher

LOCAL BLOGS | Let this serve as a warning to anyone who calls a cab in advance and then skips out and takes the first cab that happens to drive by: You could get banned. The Blank Top Chronicles, a blog in which an unnamed Arlington taxicab dispatcher chronicles the best of the worst callers, wonders why one chronic no-shower hadn't been banned sooner:

"This is unbelievable!" he told the errant rider. " You've done it nine ... ten ... ELEVEN TIMES! How in the hell did you keep convincing whoever was working to send you cabs?! I blacklist people after two or three times, depending on what kind of mood I'm in. You should have been banned WAY long ago!" The dispatcher's reasoning: "Sometimes it can take a little while to get a cab, during rush hour, especially, and if you don't even have the common decency to call and say you don't need the cab anymore, we're not doing business with you."

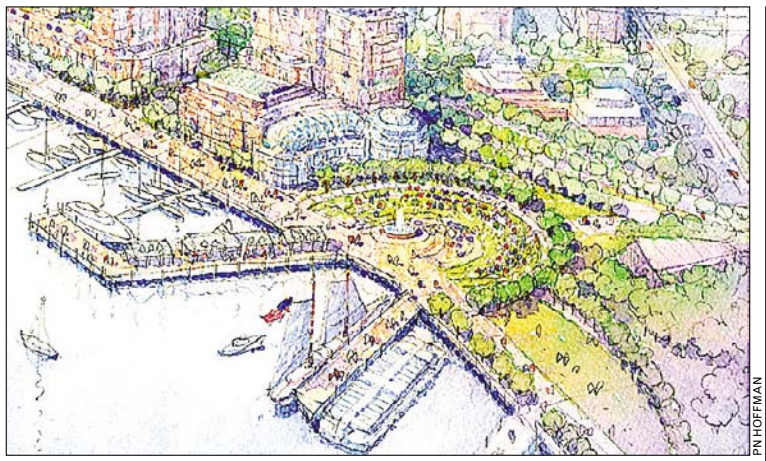
So no cab for him. Lesson learned. MICHAEL GRASS (EXPRESS)

Under the Influence

CELEBRITIES | Who's the most influential celebrity in the world? Tony Blair? Condoleezza Rice?

Oh, you mean the other kind of celebrity. Hmmmm. Probably Angelina Jolie, for all the attention she's drawn to international adoption and her ability to make people want to go to Namibia, even though they have no idea where it is. Or Oprah, who can make anyone read, buy or eat anything, and who damn near put Hermes out of business.

No? Angelina is only No. 5? KATE MOSS is the world's most influential celebrity? Lock up your children, lest they become dangerously thin, form cocaine addictions, date Pete Doherty and make millions despite all of these unsavory facts. HOLLY J. MORRIS (EXPRESS)



PN HOFFMAN

Will the Southwest waterfront renewal plan allow the National Mall to expand?

➜ Coming Up Today

Now that the District has a team to transform the Southwest waterfront, where does that leave the proposal for the Third Century Mall — a plan to expand the city's monumental core?

Poll Center

TODAY'S QUESTION

Is the U.S. heading toward a war with North Korea?

1. Yes
2. No

YESTERDAY'S RESULTS

Are you eating fewer vegetables after the recent recalls?

NO	YES
65%	35%

As of 5 p.m. Monday. Not a scientific poll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT READEXPRESS.COM/POLLCENTER.PHP

THE Blog LOG

"[An] ... AK-47! What on earth is a 13-year-old doing with an AK-47? What are his parents doing with an AK-47?"

KSTREETBLUES.BLOGSPOT.COM IS ADVOCATING INCREASED GUN CONTROL FOLLOWING A SCHOOL SHOOTING ON MONDAY IN JOPLIN, MO. NOBODY WAS HURT.

Feeding Frenzy

"I know its easily better than jumbo slice pizza, but is the falafel really that good? The grain hand-grown? The side of hummus ... hand-mashed? Or are these kids toking the hookah too much today?"

DC.METBLOGS.COM ON A PHOTO OF A LINE GOING OUT THE DOOR AND ONTO THE SIDEWALK OUTSIDE THE AMSTERDAM FALAFEL SHOP IN ADAMS MORGAN.

Together Again

"After Nicole ate ice cubes and Paris ate a bunch of beef, the two left together. ... It was nice while it lasted. I liked Nicole so much better when she hated Paris."

DLISTED.COM ON NICOLE RICHIE AND PARIS HILTON MENDING FENCES AT A DINNER IN LOS ANGELES.

Circle of Confusion

"Peppered with inscrutable lane markings and flanked by a forest of poles on which are hung traffic lights pointing in every direction but yours, traveling around a circle is an exercise in confusion, frustration and angry, dangerous driving."

ARDVAARK.NET WANTS D.C. TRANSPORTATION OFFICIALS TO TURN OFF THE TRAFFIC LIGHTS IN LOGAN CIRCLE, SAYING IT'S EASIER TO NAVIGATE WITHOUT THEM.

What's Next in North Korea?

" ... [T]oppling Kim militarily is likely not feasible at this point, given the fact that our military is already overstretched in the Middle East. As such, we may need to look for another alternative that is likely going to taste like rotten milk."

NYKRINDC.BLOGSPOT.COM THINKS THE UNITED STATES ISN'T IN A GOOD POSITION TO DO MUCH OF ANYTHING REGARDING THE NEW NUCLEAR THREAT FROM NORTH KOREA.

DON'T

PICK UP HITCHHIKERS. Unless they're the guys from Hitch50.com, who are attempting to hitchhike to all 50 state capitals in 50 days. You can track their progress and current location on the site; be sure to check in when they try to get to Alaska or Hawaii.

Live Online

Redskins' Loss

Washington Post sports columnist **MICHAEL WILBON** was online Monday at washingtonpost.com to discuss the Redskins' loss, the Yankees' collapse and Clinton Portis.

Fans can be fickle. One week Brunell is the greatest thing since sliced bread, the next they want him benched. Apparently, the Redskins have to go 16-0.

All fans are fickle. And most are exceptionally, illogically fickle.

Can you tell me, is there anyone out there who is more hilarious than Clinton Portis?

Yes, everybody. Don't get me wrong, I like Portis' whole comic-relief thing and I like him. I think he's an asset to that team in 20 different ways. But it's not my brand of humor. John Riggins is funny. Warren Sapp is funny. Chad Johnson, sometimes, is funny. T.O. used to be funny before he wore out his welcome. Peyton Manning's commercials are very, very funny. But Portis? It serves a good purpose.

What did we really expect? Mark Brunell got sacked six times last time we played at the Meadowlands, and protection was still an issue this Sunday. Is it possible for the Redskins to overcome this inconsistency and be 4-3 before the bye week?

We know they'll be 3-3 after beating Tennessee this coming Sunday. Who's after that, Indy? Hmmm.

Is there one starting QB in the NFL, other than Walters in Oakland, that you wouldn't start over Brunell?

Oh, stop. The guy completed 22 in a row three weeks ago and you're whining? Have you seen the quarterback situations in Tampa Bay, Detroit and Arizona? Please. Stop.

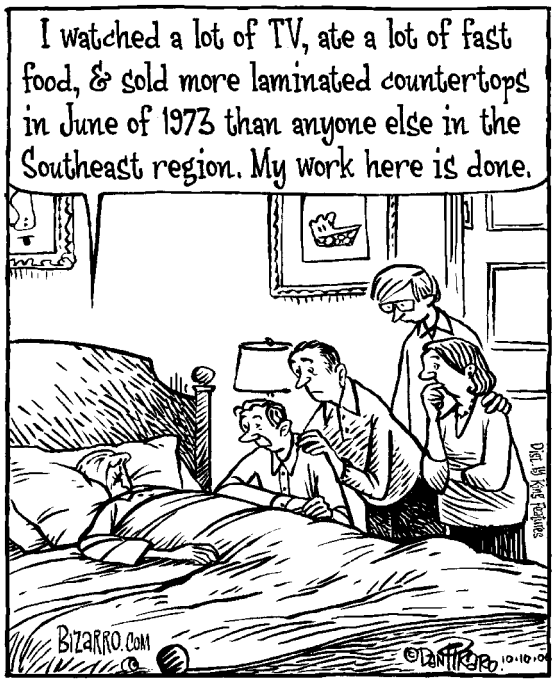
You predicted the Yankees wouldn't go to the World Series, despite everyone saying otherwise. Good work. I'd like some lottery numbers now.

Ha. I believe in pitching in baseball and defense in football. But I also picked the Dodgers and Twins, to be

TODAY ON LIVE ONLINE: Police Chief Charles H. Ramsey will take questions on crime in the city and other safety issues at 2 p.m. | washingtonpost.com/liveonline

Look out

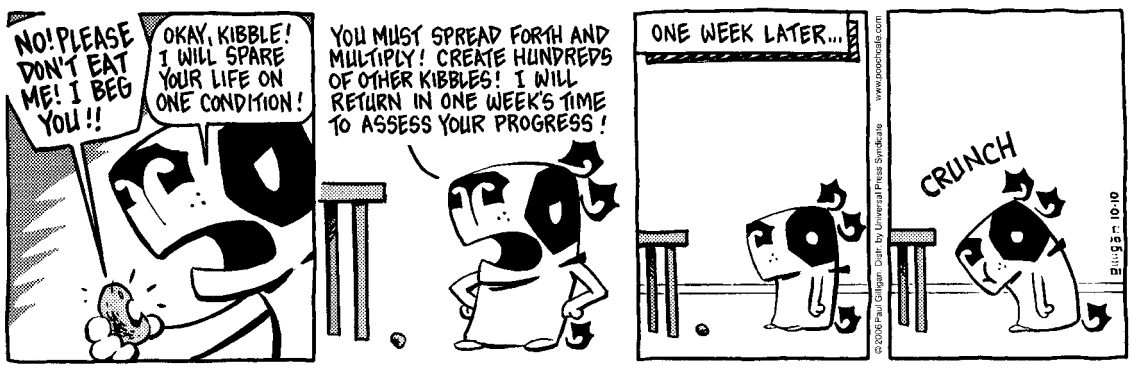
Bizarro | *Dan Piraro*



Cornered | *Mike Baldwin*

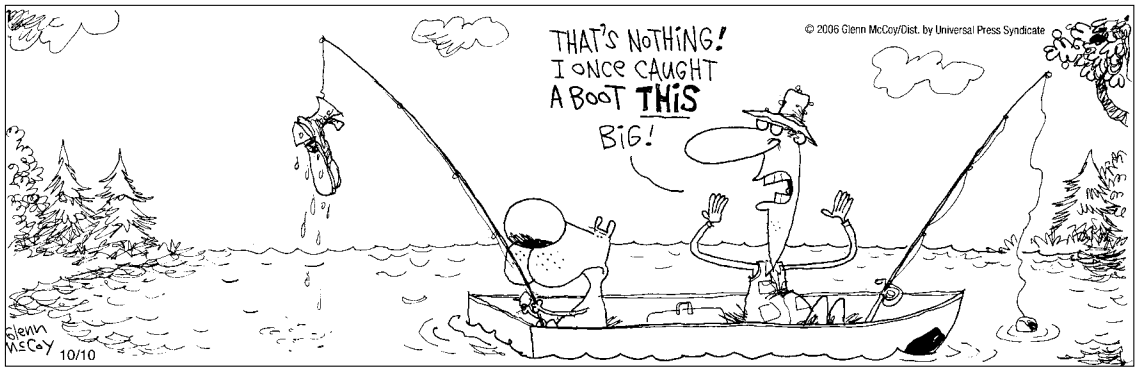
"See? This is precisely why we don't encourage office romances."

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*

The Duplex | *Glenn McCoy*



Horoscope

By Stella Wilder

LIBRA (Sept. 23-Oct. 22) You may feel as though you're not getting the respect you deserve at this time. Don't wait to talk about this; get it out in the open now.

SCORPIO (Oct. 23-Nov. 21) You're going to have to take a few extra precautions whenever you venture out of the home — or any other comfortable, familiar surroundings.

SAGITTARIUS (Nov. 22-Dec. 21) It's a good day to let your feelings for someone be known, even if it's someone who already knows how you feel. "I love you" never gets old.

CAPRICORN (Dec. 22-Jan. 19) You may find yourself getting upset over a missing article that, until it was lost, didn't mean particularly much to you.

AQUARIUS (Jan. 20-Feb. 18) Choices may be few and far between early in the day, but later on you may feel as though you have more options available than ever before.

PISCES (Feb. 19-March 20) You may have a tough time convincing someone from your past that you no longer wish to be involved with him or her in any way. State a clear case.

ARIES (March 21-April 19) You'll be feeling your oats, and you will have to find a more productive outlet for your creative energy than those you've recently tried.

TAURUS (April 20-May 20) There's no reason to think you're an expert on any given subject, but your instincts may allow you to perform well above par.

GEMINI (May 21-June 20) You and a friend or loved one may be at cross-purposes before the day is out. This is a case that may require you to agree to disagree.

CANCER (June 21-July 22) Now is no time to push an issue that others wish to overlook. Rocking the boat right now could prove more hazardous than you might think.

LEO (July 23-Aug. 22) Take care you don't become argumentative, especially when hashing out an issue with family members. Try to be a calming influence.

VIRGO (Aug. 23-Sept. 22) You'll find yourself in a position of authority, and how you react to a sudden increase in pressure can surely impress those in charge.

Letters

Church Should Stay Course

I BEG TO STRONGLY differ with Ken Seifert's assertion ("In Support of Gay Marriage," Oct. 9) that Virginia's two Catholic bishops are using "the cloth to rationalize bigotry" by calling for the upholding of traditional marriage. What are the bishops there for if not to guide us by God's word in the Bible? If they were there to reaffirm every current social trend, then they should become politicians, not bishops. I hope the church will not buck to the culture just to remain relevant. We should remain the salt and light to the world no matter how unpopular the message.

—MATHEW MWANGI
Alexandria, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1845 The U.S. Naval Academy opens in Annapolis, Md.

1911 Revolutionaries under Sun Yat-sen launch their overthrow of China's Manchu dynasty.

1935 George Gershwin's opera "Porgy and Bess" opens on Broadway.

1938 Germany completes its annexation of Czechoslovakia's Sudetenland.

1943 Chiang Kai-shek takes the oath of office as president of China.

1956 The New York Yankees win the World Series, defeating the Brooklyn Dodgers, 9-0, in Game 7 at Ebbets Field.

1970 Quebec Labor Minister Pierre Laporte is kidnapped by the Quebec Liberation Front, a militant separatist group. (Laporte's body was found a week later.)

1973 Spiro T. Agnew, accused of accepting bribes, pleads no contest to one count of federal income tax evasion and resigns from office.

Look out | People

KEVORK DJANSEZIAN/AP

Tim's wedding: 3. Nicole Kidman's: 9.5.

A BIT DULL

Paparazzi Turnout Low for Allen Nuptials

TIM ALLEN tied the knot Saturday with his girlfriend of five years, actress **JANE HADJUK**, in an intimate Colorado ceremony. The couple's family were the only guests. It is the first marriage for Hadjuk, 39, and the second for Allen, 53. (AP)

EXCUSES

Because She's Female, It Must Have Been Her Outfit

The fifth week was tough for **KATIE COURIC**, whose viewership on the "CBS Evening News" has been dropping. Her broadcasts averaged 7.04 million viewers last week, according to Nielsen Media Research. (AP)

CHRIS PIZZELLO/AP

RECONCILIATION

Dead-Eyed Duo

Have public enemies **PARIS HILTON** and **NICOLE RICHIE** buried the hatchet? The "Simple Life" stars, who have been feuding since last year, appeared together in a video posted on TMZ.com. In it, the two arrived together at a steakhouse in Los Angeles. At one point, they looked at each other and smiled when an unseen observer said, "I always knew you'd be friends again, Paris." (AP)

JOKES

Someone's Taking Himself Too Seriously

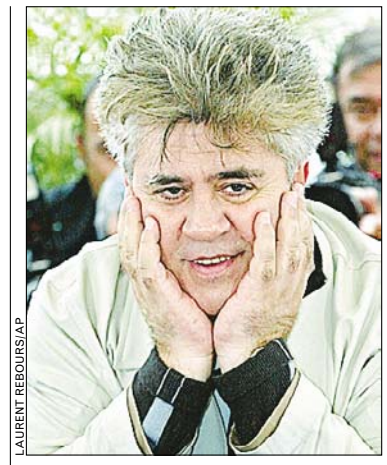
Maybe in 2012 he can run with George Clooney.

People wearing "Stewart/Colbert '08" T-shirts can stop — Comedy Central's fake news stars have no intention of running for president. **JON STEWART** said the shirts "are a real sign of how sad people are" with the state of affairs in the country. "Nothing says 'I am ashamed of you, my government' more than 'Stewart/Colbert '08,' Stewart said Sunday at the New Yorker Festival. Stewart scoffed at suggestions that some people actually get their news from "The Daily Show." "There's no way you could get the news from us," he said. "I've seen the show. It couldn't happen." (AP)

TRANSLATION

'I've Seen What You People Did to Poor Penelope Cruz'

PEDRO ALMODOVAR says he would like to make a movie in English but is scared of losing his independence. He's been approached several times to make films in the U.S., he said at the New Yorker Festival. But he fears Hollywood. "My experience, talking with other directors here, even Scorsese, I said, 'Oh, my God, this is incredible. I feel more lucky than you. I mean, I work in much better conditions than you.'" He would do a film in English, but with European money, he said. (AP)



LAURENT REBOURS/AP

"Oh, my goodness! I am accidentally wearing David Lynch's hair today!"

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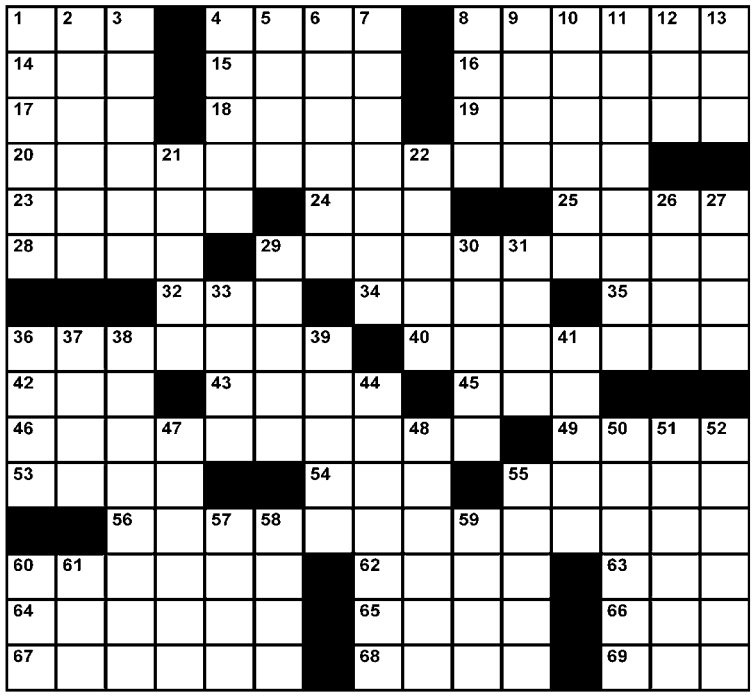
EQUAL HOUSING LENDER

LOOK out

Paging Mr. Scot-Free



EDITED BY TIMOTHY E. PARKER

ACROSS
1 Adjective for The Beatles
4 Some X's, in a game
8 Sausage type
14 Start for some or struck
15 Chop-chop!
16 Way of approach
17 Word with beginning or end
18 Parks of 1955 headlines
19 Landlord's supporter
20 Scot-free
23 Dispense carefully
24 ___ Speedwagon
25 Crosby, Stills and Nash, e.g.
28 Appear to be
29 Scot-free
32 "Rockaria!" band
34 Actress Ward
35 What I may mean
36 Quarterbacks, at times
40 Many and different
42 Tram cargo, perhaps
43 Footfall
45 Itinerary word
46 Scot-free
49 Highland hats
53 It's flipped in Mexico
54 Site of the Tell legend
55 Nasser successor
56 Scot-free
60 Point of entry
62 Ceramist's product, perhaps
63 128 oz., in the U.S.
64 Piece of cake
65 Nautical adverb
66 Cooler cooler
67 Blew a gasket
68 Warm, in a search
69 Pole with a blade

DOWN
1 Rulings on points of Islamic law
2 Some time
3 Bug on the road?
4 Pictorial card
5 Without ___ (broke)
6 Bearded leader since 1959
7 Void fillers
8 Prefix with trooper
9 Word with lord or board
10 Duration
11 It's behind closed doors
12 Seek redress
13 Yon maiden fair
21 Development developments
22 Perfected
26 Roadhouses
27 Double-curve molding
29 Hold ___ (talk at great length)
30 Martini garnish
31 Rikki-Tikki-___
33 ___ majesty (high treason)
36 Ship's deck
37 British composer Thomas
38 Handyman's holdfast, sometimes
39 1988 Olympics site
41 Words on a diner ad, perhaps
44 Morally strict
47 Car horn, to a Brit
48 "Hot as a pistol," e.g.
50 Slowly, in music
51 Gourd-shaped instrument
52 Beautician, at times
55 Display disdain
57 Perplexing path
58 Requested earnestly
59 Zeno's home
60 Viewer-supported network (Abbr.)
61 Man-mouse link

Yesterday's Solution

P	L	U	M	■	B	A	W	L
A	O	N	E	■	A	W	A	Y
S	K	I	N	■	T	A	C	O
S	I	T	U	A	T	I	O	N
■	■	■	■	W	E	T	■	■
C	O	S	T	A	R	■	L	I
A	S	T	I	R	■	M	I	N
T	H	R	E	E	R	I	N	G
H	E	A	R	■	E	L	K	E
Y	A	W	■	A	G	E	S	■
■	■	■	E	R	A	■	■	■
B	A	R	R	E	L	O	F	M
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L	I	N	D	A	■	L	O	G
T	A	K	E	S	■	O	P	A

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A	L	■	I	S	N	T	■	■

Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

3		2		5				1
		6		7				
					2		5	3
		3	5		6			
4	5						8	6
			9		4	7		
7	8		2					
				9		1		
1				4		3		8

© PUZZLES BY PAPPOCOM

Yesterday's Solution

6	2	4	1	8	3	9	7	5
9	5	3	2	4	7	1	8	6
1	7	8	6	9	5	4	2	3
3	9	5	7	2	8	6	1	4
7	6	1	5	3	4	8	9	2
4	8	2	9	1	6	5	3	7
5	1	6	3	7	9	2	4	8
8	3	9	4	5	2	7	6	1
2	4	7	8	6	1	3	5	9

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

express

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Wednesday, November 1
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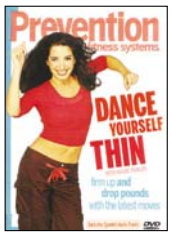
PHYS ED

Dance Evolution



We put four new dance DVDs through the paces (and prances) | E5

LOOKS

About Face

Tighten your cheeks — no, the other ones — to fight wrinkles, lines and sag | E7

express | EXERCISE, NUTRITION, WELLNESS AND MORE TO HELP YOU LOOK AND FEEL YOUR BEST | OCTOBER 10-16, 2006

How to be an Abdominal Showman

Eight exercises to help you turn your abs into an eight-pack | E4

GETTY IMAGES

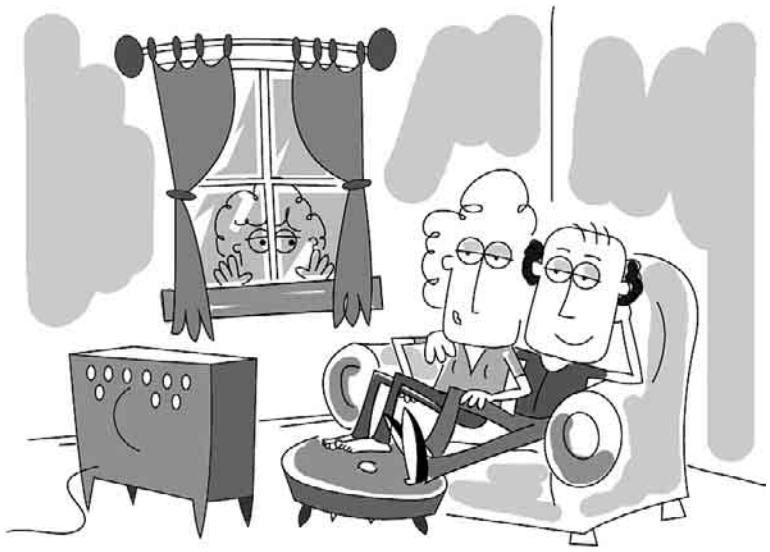
BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

All Strung Out About Being Strung Along

Q I have a close male friend that I've known for 10 years. We met during the summer before my sophomore year of college. There was an obvious connection, but we lost touch. Then, after I graduated, we ended up working in the same building. (Fate?) About a year ago, our feelings came back — strongly. The catch is that he's in a relationship — he was honest about this from the beginning — but said he "wasn't happy" and "was trying to end things." More than a year later, he's still with her and I'm still the "friend with feelings." Should I move on? I know I can't make someone do something, but he's not happy, so I should be the obvious choice ... right?

— MORE THAN A FRIEND



ERIC REECE

Wow. If this guy's been trying to end a relationship for a year, I'd hate to see how long it takes him to do his taxes!

We've all heard "The check's in the mail." And, yeah, the check is usually about as close to the mail as Paris Hilton is to a nuclear physics seminar. Unfortunately, you're stuck in the relationship equivalent of the missing check. More unfortunately, he's already answered your question: He's unwilling to commit to you, period. And if he changed his mind, would you really want to take the lead girlfriend role, knowing the chances he'll soon find another understudy?

The real question here is whether you really even want to be friends with this guy. He's not treating you with respect, he's not exactly loyal to his girlfriend (it doesn't matter if nothing physical's happened between you) and he apparently believes that women are things to tally up in neat little "Who's next?" lists rather than humans with their own sets of rights and needs. And those are just his good qualities!

I hope you can bring yourself to branch out, get involved with some new activities (and new people, platonic or otherwise), and focus on self-growth for a while. He had his chance — about 364 days too long.

Q I'm a high school senior beginning the college admissions process and facing the inevitable question of how far to distance myself from my parents. I've always craved going several states away, but now that my relationship with them has improved, I'm craving staying closer — but worried I'll regret it. —ANONYMOUS

Like the magazine rack at a podiatrist's office, college applications should be all about variety. Apply to a wide geographical range of schools that appeal to you on many levels and, as the acceptances come, you can weigh the pros and cons of each choice individually, paying attention to your instincts. While jetting to California or the Show-Me State for a school you're not crazy about probably wouldn't work out too well, you might find your ideal school is even farther than you imagined going in the first place. And remember, once you choose, you're never really stuck — as jillions of happy transfer students can tell you.

> You're stuck in the relationship equivalent of the missing check.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at **baggage@readexpress.com**. This column is not a substitute for one-on-one care.

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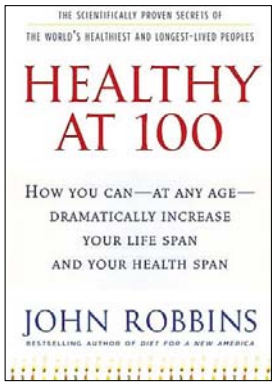
Goods | fit



How to Outlive All Your Friends

JOHN ROBBINS (scion of Baskin-Robbins' latter half) doesn't mess around when it comes to mnemonics. "The whiter the bread, the sooner you're dead," he titles one bit of "Healthy at 100: The Scientifically Proven Secrets of the World's Longest-Lived Peoples" ($26, Random House). The Abkhasians of the Caucasus Mountains, the Vilcabambians of the Andes, the Hunzans of Pakistan and the Okinawans of Japan earn glowing reviews for their low- or zero-sugar, largely plant-based diets, tight-knit, supportive communities and active outdoor lifestyles. Along with nutrition advice, Robbins suggests holistic activities such as "media fasting," giving lots of hugs and sharing baked goods. Yes, he's a little touchy-feely — but he might live to be 120.

NEW IN HEALTH

warm ups

The Buzz About Maté

ENERGY DRINKS are evolving from overly sugared, unnatural potables into the next big health trend. A sign of things to come: Sol Maté ($2.50, Whole Foods, also available in lemon-lime), an organic sparkling sipper made with yerba maté, a South American herb with natural caffeine, mood elevators and those coveted antioxidants. Testers declared that it tasted like a pleasant, not-too-sweet apricot-honey tea that would pair well with Tex-Mex food. Did it pep them up like an espresso, though? Nope, but it didn't give them jitters, either.

Watt-ch It, Germs

HERE'S A BRIGHT NEW WAY to knock off nasty home intruders: The O*zoneLite ($40, ozonelite.com), a compact fluorescent bulb that doubles as an air purifier. Its titanium dioxide coating kills airborne pathogens like mold, viruses and bacteria; it also neutralizes smoke and pet odors. (The gizmo doesn't emit ozone, though.) There's even a night-light version ($25) that works while you snore.

Foaming at the Hair Follicles

AS METROSEXUALITY loses its cool, men are shortening their beauty rituals. Thus, the new Men's Rogaine foam ($25, drugstores) aims to help balding fellows fix their problem patches faster. Instead of pumping a squirt bottle repeatedly and letting the ooze drip down your scalp and onto your neck, you spritz out a dab of foam. Our tester said it was absorbed by the skin faster, "so you don't end up walking out in the morning with a slick and shiny bald spot — just what you need when you're already self-conscious." But the medicine is the same, so if it wasn't working before, you won't sprout hair now.

PRODUCTS

GearHead

That Bag Was Askin' for It

It's a perfect pairing: Release aggression and get in shape. All you need is a basement, a punching bag and serious rage issues.

A bag that hangs from the ceiling is preferable to the freestanding variety, said David Carter, an instructor at Arlington's Team Lloyd Irvin Martial Arts & Fitness. "With a standing bag, the top is basically a big soft pillow;" heavier hanging models make you stronger and faster. What's called a banana bag is best, but make sure it's leather: Fake leather peels, and canvas is tough on the hands.

If your ceiling won't cooperate, you can either buy a stand from which to hang a bag, which is cheating, or go with a standing bag. Or there's Bob, a scowling, armless head and torso ($215-$259, ringside.com). But you don't have to call him Bob: "If there's someone you don't like, you can name the bag after them," said Carter. FIONA ZUBLIN (EXPRESS)

THE EXPERTS
TrainReaction

Tuck a Tummy

Q I've read so many magazine articles about abdominal training and they all say different things. Can you give me some "secret" trainer exercise tips that can maximize my ab workout?

To effectively work these muscles, you need to understand how they're put together. Think of your ab area as a web of tissue. Four layers constitute the abdominals, and each layer's fibers are arranged either horizontally, vertically or diagonally.

Now that you know this, the first secret to ab training is to make sure you're training your abs in every possible direction. Regular crunches on a stability ball are good for training the vertical fibers — keep your arms extended at ear level for a better workout.

Even more important is what trainers call "training in rotation." Three of the four muscle layers (the ones with the horizontal and diagonal fibers) that make up the abs need to be trained from side to side, rather than just up and down, as in a plain old vertical sit-up.

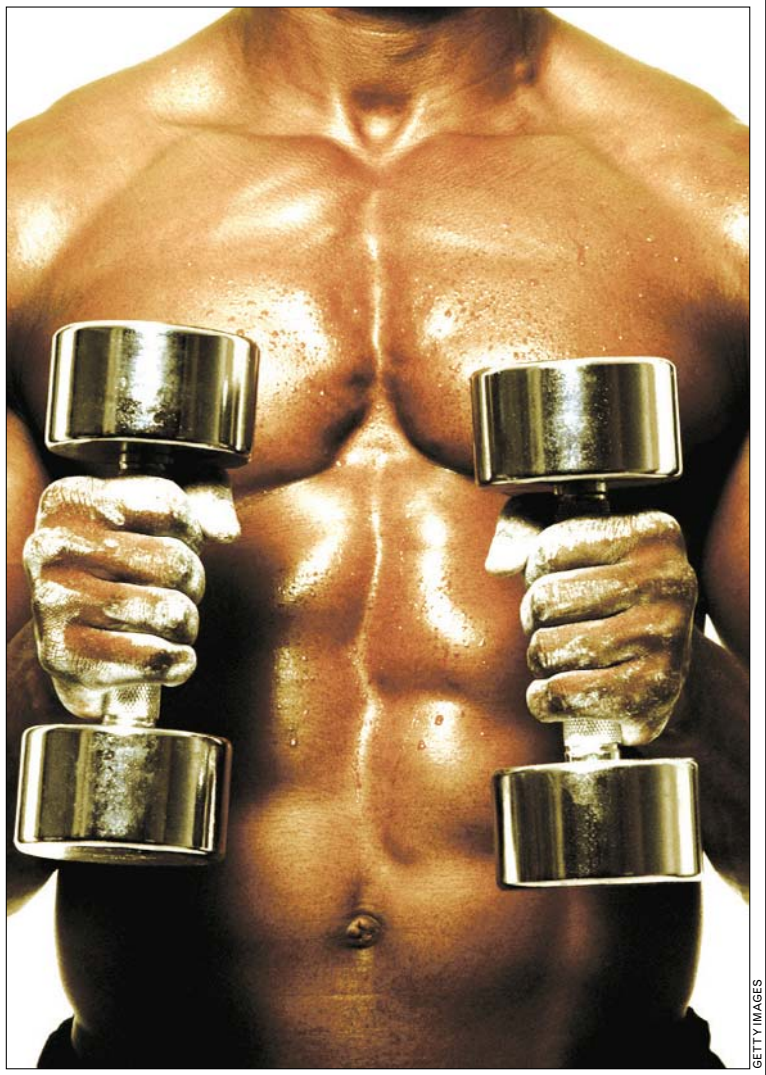
A good beginner exercise of this nature is to stand and rotate the upper body with your arms extended at your navel, holding either a band or cable to create the resistance.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.

Eight-Pack Abs

Why let your stomach settle for a measly six?

Shaping the rare eight-pack requires exercises that work your midsection in every possible direction, using as many forms of resistance as possible. And we have them right here.



GETTY IMAGES

Swiss-Ball Curl-Up

Recline on a Swiss ball with your head, shoulders and back touching the ball and your feet on the floor. Fold your arms across your chest. Pull your belly button in toward your spine to keep your abs tight throughout the move. Slowly curl your torso up, vertebra by vertebra, stopping just short of an upright seated position.

Twisting Medicine-Ball Toss

Sit on the floor with your hands in front of your chest, knees bent, feet flat on the floor. Your partner should stand a few feet in front of you and to your right. Have your partner toss a medicine ball toward your right side. Catch it and then twist your body to your left, lowering your torso as you go. Touch the ball to the floor, then toss the ball across your body, back to your partner. After a set, reverse the exercise.

Swiss-Ball Curl-Up/Knee Tuck

Recline on a Swiss ball, feet flat on the floor, arms crossed on your chest. Your head, shoulders and back should all be in contact with the ball. Slowly curl your shoulders and upper back up off the ball as you simultaneously draw your left knee toward your chest. Lower your left leg as you lower your torso back down against the ball. Repeat the motion, this time drawing your right knee toward your chest.

V Raise

Lie on your back with your knees bent at 90 degrees and your thighs perpendicular to the floor. Slowly extend your legs so they're at a 45-degree angle from the floor as you raise your upper body so your torso is also at 45 degrees. Extend your arms straight out in front of you. Slowly raise your arms up and back over your head until they're in line with your upper body.

Hanging Reverse Trunk Twist

Hang from a pull-up bar with your hands shoulder-width apart and your legs slightly bent. Raise your legs in front of you until your thighs are parallel to the floor. Tilt your pelvis and raise your legs until your feet are almost as high as your chest. Lower your legs to the middle position and rotate them to the right, then to the left.

Single-Resistance Double Crunch

Attach a bar to a low pulley cable. Place the cable between your feet so that the bar rests across your insteps. Rest your head and back flat on the floor, bend your knees and position your thighs perpendicular to the floor. Keeping your legs at a 90-degree angle, slowly curl your head and shoulders off the floor as you tilt your pelvis and curl your legs toward your chest.

Chances are, you've never tried at least one of these eight moves.

V Raise/Knee Tuck

Lie faceup on the floor with your knees bent so your thighs are perpendicular to the floor. Slowly extend your legs so they're at a 45-degree angle from the floor and simultaneously raise your upper body so your torso is also at 45 degrees. Extend your arms straight out in front of you. Holding this position, slowly draw your left knee in to your chest, then extend it back out. Repeat the motion with your right leg.

Double-Resistance Double Crunch

Attach a rope to one of the low-pulley cables and a bar to the other low cable. Lie flat on your back with your head pointing toward the rope and your feet toward the bar. Place the bar on the tops of your shoes so the cable is between your feet. Reach back, grab both ends of the rope, and pull your fists to your chest. Curl your torso up as you simultaneously tilt your pelvis and curl your legs toward your chest. MYATT MURPHY

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VITALSTATS

1

THE NUMBER OF YEARS IT TAKES METHAMPHETAMINE TO WRECK TEETH, ACCORDING TO THE AMERICAN DENTAL ASSOCIATION.

running for congress

Rep. Ron Kind

THE FORMER HARVARD QUARTERBACK has been exercising his whole life to hone his football, basketball and rugby skills. And what's more: "I really like working out," the Wisconsin Democrat boasts. But campaigning means long days riding around his district in a van, and that can seriously crimp his sweat schedule. VICKY HALLETT (EXPRESS)

"Every day, I'm up at 6 a.m. running on the Mall. I say hi to all of the presidents."

"When I'm running, I use my iPod and listen to news programs. I'm also partial to John Cougar — that's good workout music."

"If you could ban chocolate-chip cookies, I'd be even healthier."

"During campaign season, I hardly eat at all. I have to pack a couple of peanut butter and jelly sandwiches on whole-wheat bread so I have something to burn in the tank. I know some people battle weight gain, but for me it's just the opposite."

"My old, decrepit body is catching up with me. I have to stretch, especially after I'm in the van for long periods."

Strange Burning Sensation

How to diagnose when your workout just isn't working quite right

A little discomfort is OK, but if you feel a sharp pain anywhere, stop what you're doing and consult a doctor, says exercise physiologist Dayna Davidson.

Delayed-onset muscle soreness is normal 24 to 72 hours after a new or especially challenging workout — but acute pain during or immediately after any workout isn't. To prevent injury, follow this chart to make sure you're feeling your exercise in all the right places. If not, consult a certified trainer.

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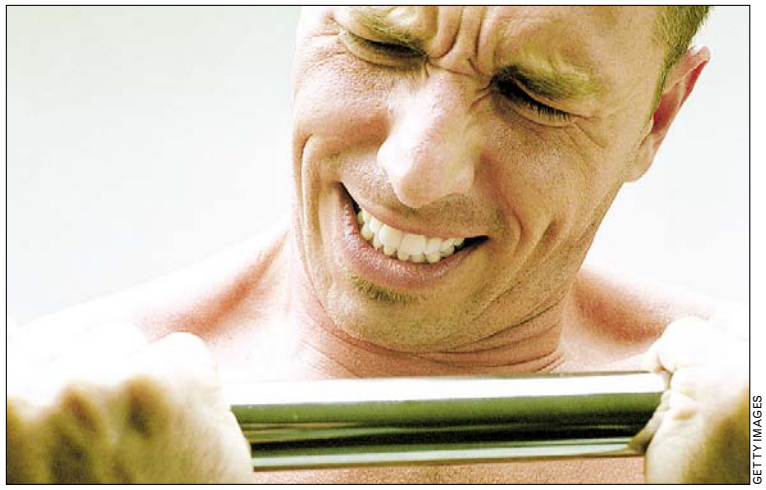
Bench Press | **FEEL IT HERE:** Anterior deltoids (fronts of shoulders), chest, triceps. **NOT HERE:** Rotator cuffs (backs of shoulders).

Biceps Curl | **FEEL IT HERE:** Biceps, forearms. **NOT HERE:** Lower back, pulling between the shoulder blades.

Crunch | **FEEL IT HERE:** Rectus abdominus (abs). **NOT HERE:** Lower back, neck.

Lat Pulldown | **FEEL IT HERE:** Biceps, latissimus dorsi (lats). **NOT HERE:** Elbows, shoulders.



GETTY IMAGES

No pain, no gain, as they say. But make sure you're feeling it in the right places.

Leg Curl | **FEEL IT HERE:** Hamstrings. **NOT HERE:** Backs of knees.

Leg Extension | **FEEL IT HERE:** Quads. **NOT HERE:** Fronts of knees.

Running | **FEEL IT HERE:** Leg muscles. **NOT HERE:** Ankles, hips (any sharp or shooting pain), knees.

Spinning | **FEEL IT HERE:** Thigh muscles. **NOT HERE:** Lower back, shoulders, upper back, wrists.

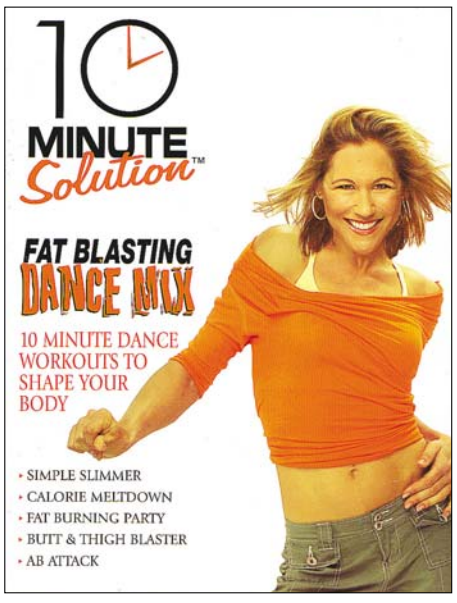
Squat | **FEEL IT HERE:** Glutes, hamstrings, quads. **NOT HERE:** Knees, lower back.

Swimming | **FEEL IT HERE:** Back, chest, core. **NOT HERE:** Ankles, knees, rotator cuffs.

Triceps Extension | **FEEL IT HERE:** Triceps. **NOT HERE:** Elbows.

Ultimate DVD Dance-Off

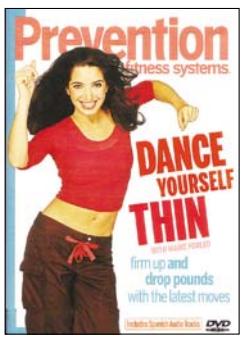
Express mamboed, sashayed and plied to four new titles



Fat Blasting Dance Mix

($15, ANCHOR BAY)

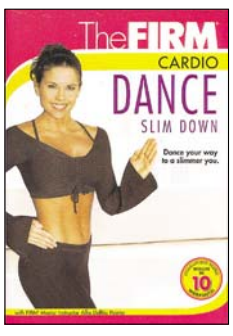
Shaking it for just 10 minutes doesn't count as a workout, but this DVD offers five short segments for you to mix and match into your ideal routine. Instructor Jennifer Galardi acts as your caffeinated cheerleader though the first three high-energy dances, which build in intensity and complexity (simple slimmer, calorie meltdown and fat-burning party). The last two (butt and thigh blaster and ab attack) are more like your typical aerobics class — so they're not as fun, but you may want to toss them into the mix to make sure you get some toning along with your cardio.



Dance Yourself Thin

($15, RODALE)

Along with a cadre of backup dancers, Marie Forleo (who exudes an "I'm just one of the gals" quality) leads two 15-minute dances: Afro-Latin and Reggae-Funk. Her steps are simple (like pretending you're drumming) but you'll sweat anyway. Also, there are tips on correct form and exercising at work.



Dance Slim Down

($15, GT MEDIA)

Like Paula Abdul, Allie DelRio likes to exhort "Make it your own!" as she takes viewers through three dances. The first one is a tad stripper-y (lots of running hands through hair), the second is Latin-y and the third is disco (moves like "the hitchhiker"). It's 40 minutes of cardio, and you'll feel it by the end.

Fat Burning Jam

($15, ANCHOR BAY)

Michelle Dozois' moves are more geared for a Broadway chorus line than a club, which may appeal to a different crew than the other DVDs. Her teaching style is also more like a class (there's even a separate step guide), and she asks her backup dancers (including Forleo!) to add their individual flare to her steps.

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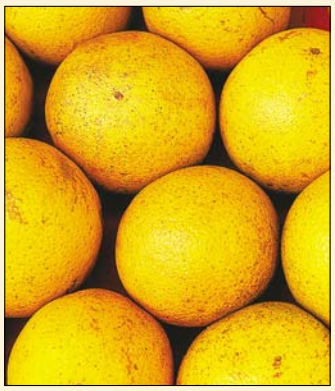
STUDIES

Stethoscope

Diet Booze Is Potent

■ Want to get drunk faster? Australian researchers have discovered that drinks made with sugar-free, artificially sweetened mixers pass through the stomach faster, thus causing blood alcohol levels to spike higher than libations made with good old teeth-rotting soda, Reuters reported from a study in the American Journal of Medicine. This is good news (from some perspectives, anyway) for those who prefer the least alcohol for maximum mind alteration, but bad news for those who like to preserve both their dignity and their diets.



Our Hero, the Orange

■ Evil supervillain oral cancer cuts a swath of terror across the land. What can possibly stop such a formidable foe? Try oranges. A Harvard study published in the American Journal of Epidemiology indicates that men who eat lots of fruit — especially the citrus variety — develop far fewer precancerous lesions, and thus have a lower chance of developing mouth cancer. A fruit-rich diet was associated with a 30 percent to 40 percent decrease in risk of oral cancer.

A Cuppa for Coping

■ Turns out the British have been right all along: Tea is good for you. University of London researchers found that men who drank black tea during the day were more relaxed and reacted better to stress than those who didn't, Reuters reported. The tea drinkers also recovered faster from trying situations. Time to forget the Boston Tea Party, fellas.

Stretching Out the Mind

Yoga advocates are embracing its emotional and mental benefits

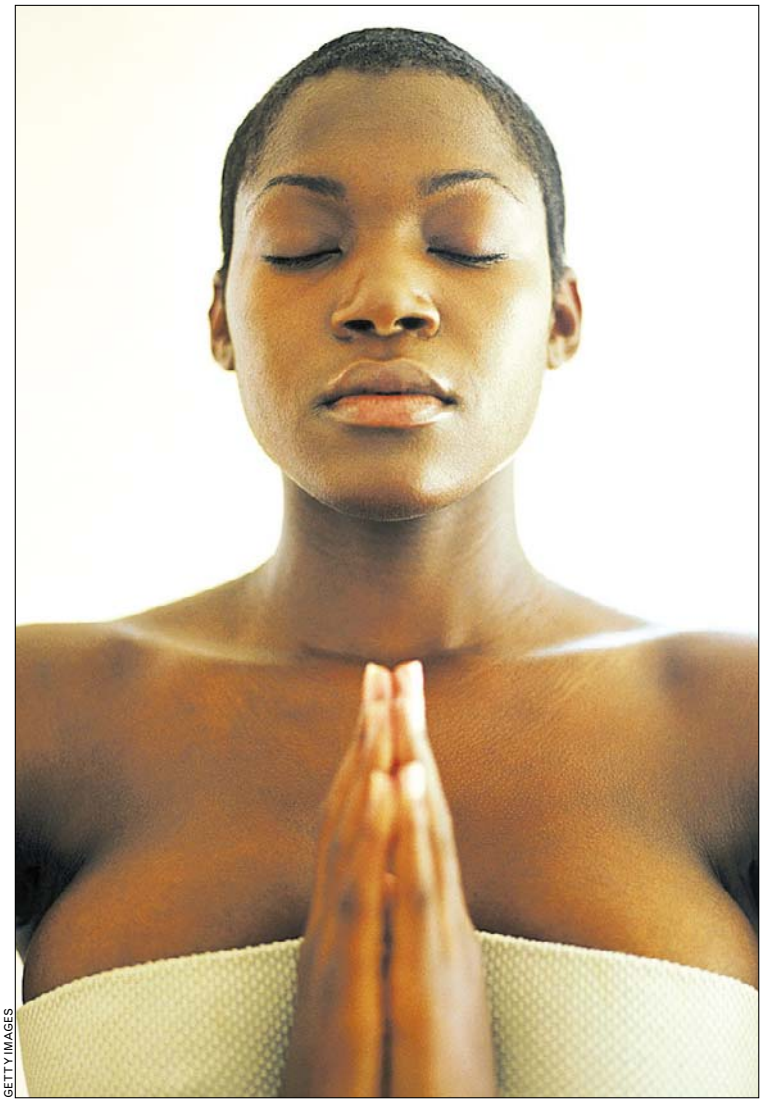
Over the phone, Julie Schwartz may tell you to stop whatever you're doing to balance your knees on your elbows and hold yourself off the ground.

That's called a "crow pose" in most yoga classes, but Schwartz is not merely teaching her clients how to stretch and bend. She's a life coach who uses yoga to help them buff up their spirits.

"That kind of relaxed and empowered feeling you get after a yoga class, the more you do it, the more that translates into the rest of your life," said Schwartz (vividliving.net), who has dubbed her version of life coaching "passion yoga."

Like others in the coaching field, she works with clients to distill the essences of their personalities. Then she adds a twist by pairing each essence with a unique gesture, ranging from simple movements to complex yoga asanas. By repeating these gestures and thinking about bringing a comparable energy to other endeavors, Schwartz explained, her clients gain a greater awareness of themselves and the ability to accomplish more.

Mining physical benefits from yoga has been all the rage recently. But the new devotees are just starting to catch on to the full impact of a yoga practice, especially on mental health and emotional well-being. Karen Soltes, a clinical social worker, initially turned to yoga to counteract the damage she was doing to her legs by running. Her body had other problems, though, due to her lifelong depression. "I was completely rounded over," she said. "But then learning how to breathe changed me physically and mentally." As the depression "faded away," she stood tall and moved away from psychotherapy to focus on learning more about yoga.



GETTY IMAGES

Soltes now concentrates on an increasingly popular form of yoga called "yoga nidra," which she teaches at Chevy Chase's Circle Yoga. It's a guided meditation process without yoga's common contortions, so it's accessible to anyone. "I liken it to going to a big slumber party," she explained. The system asks participants to lie flat on their backs while focusing on specific spots of their body, and then their breath, over the course of an hour. The results are profound, said Soltes, who's seen marked improvements in students with anxiety disorders, insomnia and bodily pain.

Along with Joy Kirstin, another local yoga nidra instructor and life coach, Soltes has been involved in a program at Walter Reed Army Medical Center to treat post-traumatic stress disorder. The internal tensions that build up over a lifetime are no match for the power of yoga nidra, said Kristin, noting, "If we take affirmations and goals and throw them on compacted hard soil, they won't grow. Yoga nidra naturally tills the soil and adds fertilizer."

Other physical activities surely have some emotional health benefits as well, but Schwartz insists yoga can do more for you than, say, tennis. "It's a very specific time to go inside yourself. It's not just a sport. It's a way of being in the world," she said. And while it can make your muscles strong, the workout for your well-being may be even more critical.

VICKY HALLETT (EXPRESS)

YOGA THERAPY

➜ Soltes teaches yoga nidra Mondays at 7:30 p.m. at Circle Yoga (3838 Northampton St. NW; 202-686-1104; circleyoga.com). She'll be leading a "Yoga for Depression" workshop Oct. 29 and Nov. 5.

➜ Kirstin will lead a yoga nidra workshop this Saturday at 1 p.m. at Willow Street Yoga (6930 Carroll Ave., Takoma Park; 301-270-8038, willowstreetyoga.com). Buy her yoga nidra CD, "Birthing the Phoenix," at joylifecoach.com.

AWARENESS

The Gospel of Health

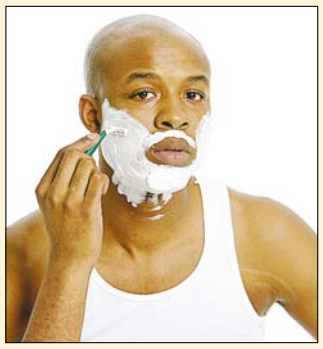
■ Checking in at church every week is a no-brainer for lots of folks. But checkups with their doctor are much more rare, which is why gospel great Byron Cage is lending his vocal cords to "Strength in Harmony" (strengthinharmony.com), a group dedicated to the awareness of chronic kidney disease. This Saturday, he's inviting everyone to hear him sing, accompanied by a 400-person choir and a crew of dancers, at the Ebenezer AME Church (7707 Allentown Rd., Fort Washington, Md.) to lure in crowds to listen to the spoken-word part of his message. "I had some swelling in my legs," he said. "I was just a workaholic, but I learned about chronic kidney disease and what type of impact it has."

COURTESY THE COSHAR FOUNDATION

Along with the singing, the gathered congregation will hear testimonials, be able to ask doctors questions and find details on how to get tested. Cage hopes the event will encourage more churches to weave health information into the messages they send from the pulpit every Sunday. "We as Christians especially have this tradition of going to eat after church," he admitted. After this, his fans will, hopefully, opt for salads. V.H.

THE EXPERTS

SkinDeep



Cutting It Close

Q I'm an African-American male and I get dark spots under my chin from shaving. How can I clear these up?

You have razor spots, my friend, likely caused by ingrown hairs; the scientific term is hyperpigmentation. Arlington-based dermatologist Dr. Glen Fuchs said you have a few treatment options. "Use creams with topical antibiotics to reduce bacterial growth, or try a bleaching cream that contains hydroquinone. Those are available over the counter in low percentages or in higher concentrations by prescription."

You can prevent the spotted look in the future by changing how you shave. "Shaving creams don't matter that much," said Fuchs, but the blades do. "Some [people] do better with electric rather than blade razors, and you should try razors that don't cut the hair too short." He wouldn't name names, but advises reading labels for any text indicating the blade won't give a super-close shave. LYNN THORNE

Want us to ask a dermatologist your question? Send your query to skindeep@readexpress.com.

VITALSTATS

6

THE NUMBER OF SHOTS NEEDED FOR LONG-TERM HAY FEVER RELIEF USING A NEW TREATMENT, AIC, THAT'S NOW IN CLINICAL TRIALS.

Moves to Improve Mugs

Local trainer works out facial muscles to zap lines and wrinkles

Exercise buffs obsess over their cores, glutes, hamstrings and biceps. But in their hours at the gym, they often neglect an entire muscle group: the face. Trainer Valeria Georgescu, who was into "Gray's Anatomy" (the book, not the show) by age 11, believes a good body requires attention above the neck, as well. So she created Face Val-U, which she credits for keeping her 41-year-old skin utterly line-free.

MICHELLE REPISO/EXPRESS

WHAT IT IS: Most circuses couldn't compete with the show Georgescu puts on for her students, which is more like an act than a class. She sets the stage with large anatomical diagrams, fake skulls and images of supermodels spread out in front of her, and immediately dives into the routine she's spent 20 years fine-tuning. "Hello, daaaahrling. How are you?" she intones, and she expects each student to mimic the phrase back to her while noticing how talking with a "snooty face" forces you to elongate and stretch.

Work it Out

MOVES: As she segues into different looks (the "scream face" looks like the Edvard Munch painting, while the "Wanda face" resembles actor Jamie Foxx's protuberantly lipped character), she explains why each is key to strengthening various muscles. And she lectures on the nasty habits of modern life, such as puckering up to sip through a straw or tilting your body off-balance when gabbing on a cell phone. Intermittently, she'll call out students for face-threatening behavior, like wrinkling the forehead when raising eyebrows or squinting eyes when smiling.

Although her faces are similar in each class, by practicing — she recommends at least five minutes a day — you'll be able to progress further and isolate more individual muscles. "You push yourself until you burn," Georgescu said while showing off how she can make her facial muscles do impressive acrobatics. (Try doing "scream face" while moving just the cheek muscles.)

WORKOUT: Stretching your facial muscles might not match the calorie release of a rigorous weight machine circuit, but you're giving those cheeks a challenge. By the end of the half-hour, expect to feel the burn in your lips, too.

GARB: Business suit or leotard? It doesn't matter. Whatever you care to be clad in is fine. Just bring gloves, as Georgescu adamantly enforces her ban on touching your face with your bare fingertips. "It stretches the skin," she explained, while looking unabashedly mime-like. Other props may come in handy — she uses straws for the lip squeeze, balls to roll across the face for myofascial release and spoons for the cheek press.

> "I smile more, keep my eyes lifted, and the line between my eyes is fading."

CROWD: Devotees tend to be female and middle-aged, like 52-year-old Cherie Jones, who's been at it for two years. "I've seen my face sagging a bit, but this has made me much more aware of my expressions. I smile more, keep my eyes lifted, and I've noticed the line between my eyes is fading," she said. Plastic surgeons also send their clients to her, Georgescu said, to help stave off follow-up procedures. And men are increasingly approaching her for private sessions to deal with issues such as gobble chins and crow's-feet. But they shouldn't be afraid of a group setting. Everyone's too enthralled with Georgescu to stare at their neighbors. VICKY HALLETT (EXPRESS)

Face Val-U is Wednesdays at noon at The Sports Club/LA (1170 22 St. NW; 202-974-6600; one-day pass is $35). Or set up a private appointment: 202-841-9376.

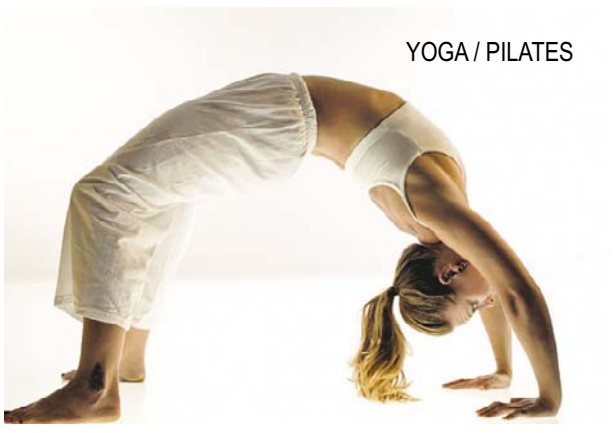
hypochondriac

THINGS YOU COULD HAVE BUT PROBABLY DON'T

Do you feel like bugs are crawling all over you? Are there blue, black or white fibers poking out of your skin? Is your brain all muzzy? Do you have itchy, oozy sores? You may have **MORGELLONS DISEASE.** If it exists, that is. The controversial condition — most prevalent in California, Texas and Florida — isn't yet a recognized disease, though the Centers for Disease Control and Prevention began investigating it this past June. Many doctors hold fast to the diagnosis of delusional parasitosis, a mental illness, and insist that the mysterious fibers are merely lint. Mary Leitao, founder of the Morgellons Research Foundation, chose the name, which was once used to describe a 17th-century illness with symptoms resembling the ones described here.

SOURCE: MORGELLONS.ORG, PUBMED. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

Energize Yourself.



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- Healthy Recipes
- Exercise Tips
- Get Healthy, Give Back
- Prevention & Detection Information

Your Health Matters at work

Health Matters at Work

"Over the last few years health has become a prominent issue. A healthy lifestyle at home and in the workplace is imperative for a long, happy life. With this in mind Community Health Charities of the National Capital Area (CHC-NCA) launched Health Matters at Work – an innovative program designed to promote a culture where employee health and wellness are highly valued.

I've been with CHC-NCA for over 15 years. Throughout this time, I've seen the need for health-based volunteerism and charitable giving programs in the workplace. After conducting research and balancing our findings with community needs, we developed Health Matters at Work. The initiative seemed like the appropriate step to take as we firmly believe that managing one's health is essential not only to nurture a prosperous workplace, but also to benefit the larger community.

Community Health Charities of the National Capital Area is confident that this insert will be a meaningful health resource for the metropolitan community. We've provided numerous articles related to the management of health, from prevention and detection tips to healthy recipes and exercise ideas. I hope you find this interesting and helpful, and that you'll feel free to call upon CHC-NCA for additional information on our Health Matters at Work program."

- Pamela Haberstroh, President and CEO

Health Matters at Work is an innovative program that coordinates health education, donation and volunteer resources for participating businesses and community associations at no cost. Once deployed, the program is beneficial to the entire workplace. Employees benefit because they gain access to detailed information about a variety of health issues. They're also given the opportunity to make a difference in their community by volunteering or financially supporting CHC-NCA member charities. Employers prosper because employees are happier, healthier and more productive. CHC-NCA member agencies win because they serve their missions by actively promoting the detection, prevention and management of illness.

Robin Sterrett, Director of Human Resources for the Hilton Washington says, "we're thrilled to have partnered with Community Health Charities of the National Capital Area. Their Health Matters at Work program is a great resource for our employees. CHC-NCA has been so easy to work with; they handle all of the marketing and create newsletters, posters and other materials. CHC-NCA even has documents translated into Spanish for us, which helps us reach more of our employees. This partnership has significantly improved the morale of all of our employees at the Hilton Washington."

CHC-NCA has also introduced the program to the Wolf Trap Foundation for the Performing Arts. "Health Matters at Work is a wonderful program. Our employees appreciate the electronic newsletters that Community Health Charities of the National Capital Area provides to us. The detailed health information supplied in the e-newsletter has helped keep our employees well informed. It's been a pleasure working with them," stated Jackie Rucker, Director, Human Resources.

Most recently, Social & Scientific Systems launched the Health Matters at Work program. "Social & Scientific Systems is very excited about our new partnership with Community Health Charities of the National Capital Area. Their Health Matters at Work program aligns with our company's philosophy of providing competitive benefits to our employee-owners and supporting community service. Health Matters at Work not only offers health education, but focuses on ways for our employee-owners to give back to their community either through donations or volunteering. This innovative program is going to be a great asset to our organization," commented Lori Golino, Senior Vice President, Human Resources.

Take Five

By Emily Wojcik

Working in an office nine-to-five, five days a week, can be exhausting. Add lupus to the equation, and those eight-hour-plus days can feel endless—especially when that late afternoon slump hits.

For people living with lupus, the threat of a flare, and everyday fatigue and pain, compound the need to stay refreshed. Here are some simple ways to fend off late-day blahs and boost your energy.

1. Make a relaxation appointment. Take 10 minutes just for you. Schedule this time in your date book. People who make personal time "official" are more likely to actually use it.
2. Get together. Studies have shown that people who work in isolation are more likely to exhibit fatigue and burnout. Establish personal contact at least once every four to six hours. Inviting a coworker for a walk or even just saying hi will give your brain a boost.
3. Catch 40 winks. Try to steal a catnap during the day. Even closing your eyes for five minutes can really help keep you refreshed.
4. Think fit. Keep a few nutritious snacks on hand for energy: low-fat yogurt, a handful of mixed nuts, even a protein bar or shake. And don't forget to refill your water bottle: Dehydration has been linked to flares, and exacerbates general fatigue. Finally, get your heart pumping. Walking up a flight of stairs or stretching at your seat can help get you through those last hours.
5. Do something fun. Take a mental break. Work on a crossword puzzle, scan the day's comics, or call a loved one for a quick hello. A break will help kick-start your sleepy brain out of its rut and back into a functioning mode.

Emily Wojcik is a writer based in western Massachusetts. She has written for such magazines as Elle, Unlimited, and Leader's Edge. Provided by Lupus Foundation of America (CFC Code: 0533). From Lupus Now® Summer 2006. Copyright Lupus Foundation of America, Inc. For more information, please visit www.lupus.org.

Look what you can enjoy for 125 calories!

Trail Mix
1 c. popcorn
1/4 oz. pretzels
1/4 c. Cheerios
20 small peanuts
Mix together and enjoy!
(19 g carb)

Cheese Bread
1 slice French bread, broiled with:
1 tsp margarine
1 TBSP Parmesan cheese
Basil
(13g carb)

Cheese and Crackers
4 RyKrisp crackers, divided into 12 sections, topped with Cheese spread:
1 ½ Tbsp reduced-fat cream cheese
1 tsp dried onion flakes
Cucumber, red pepper and green onion slices
(20g carb)

Yogurt/Fruit Cocktail
½ c. water-packed fruit cocktail
½ c. fat-free artificially-sweetened yogurt
(27g carb)

Provided by the American Diabetes Association (CFC Code: 0505). Reprinted from "Magic Menus for People with Diabetes, 2nd Edition" published by the American Diabetes Association. For more information, please visit www.diabetes.org.

Diabetes in the Workplace: Knowledge and Action

Establishing a "Game Plan" with your Coworker Could Save their Life

It's important to know what to do if a friend, loved one, or coworker has diabetes.

Diabetic emergencies can arise at any time. Discuss a "game plan" with coworkers with diabetes and share it with the office in case of a blood sugar emergency.

Warning Signs of Hypoglycemia (low blood sugar):

- Headache
- Sweating
- Pale, moist skin
- Cold and clammy
- Extreme/sudden hunger
- Weakness/dizziness
- Shakiness
- Fatigue/drowsiness
- Rapid pulse rate
- Blurred/double vision
- Shallow breathing
- Confusion/inattention
- Loss of coordination

Treatment:

- Consume a fast-acting carbohydrate (6 oz. regular soda, 4-6 oz. fruit juice) or 2-4 glucose tablets or glucose gel
- Do not take insulin
- Administer glucagon (prescription drug taken by injection) if person is unconscious, and if you know how. Do not administer anything orally to an unconscious person.
- Call a doctor

Warning Signs of Hyperglycemia (high blood sugar):

- Extreme thirst
- Frequent urination
- Drowsiness, lethargy
- Sudden vision changes
- Increased appetite
- Sudden weight loss
- Fruity, sweet, or wine-like odor on breath
- Heavy, labored breathing

Treatment:

- Call a doctor immediately
- Drink fluids without sugar, if able to swallow, to prevent dehydration

Diabetes is a serious disease—without proper control, it can be fatal. The Juvenile Diabetes Research Foundation was created in 1970 by parents of children living with type 1 diabetes, and its mission is to find a cure for diabetes and its complications through the support of research. It has become the world's leading nonprofit, non-governmental funder of diabetes research.

Provided by the Juvenile Diabetes Research Foundation (CFC Code: 0529). For more information, please visit www.jdrf.org.

Mini Stress Reduction Technique

Deep breathing is probably the easiest relaxation technique to master and the most effective. It can be done while you are at your desk and can be used throughout the day, even when you only have a minute or two to spare. It is a great stress reducer when in heavy traffic or in a long line at the supermarket or bank. Slow deep breathing actually slows down your heart rate, reduces blood pressure and relaxes tense muscles.

Sit at your desk in a comfortable position with good posture so that your stomach is not compressed. Breathe in slowly and deeply through your nose, letting your stomach expand as much as possible. Hold your breath for a few seconds, then exhale slowly through your mouth.

When lungs are empty, start again with another deep breath. After just three or fourth breaths, you should feel the calming effect through your whole body. If you keep at it for a few minutes, you should feel a significant drop in stress.

Provided by the Alzheimer's Association (CFC Code: 0502). For more information, please visit www.alz.org.

When to Seek Mental Health Help

If you experience some or all of these signs of stress, and they persist, it may be time to seek help.

- **Constantly overwhelmed**
- **Strained relationships**
- **Poor work performance**
- **Overly emotional**
- **"Little things" set you off frequently**
- **Insomnia**
- **Fatigue**
- **Headaches and backaches**
- **Rise in blood pressure**

Provided by National Mental Health Association (CFC Code: 0548). For more information, please visit www.nmha.org.

Chicken and Toasted Walnut Salad

Preparing your lunch the night before can save you both money and calories. And in the time it usually takes you to pick up lunch, you could take a refreshing walk near your office.

children's cause cancer advocacy

CFC

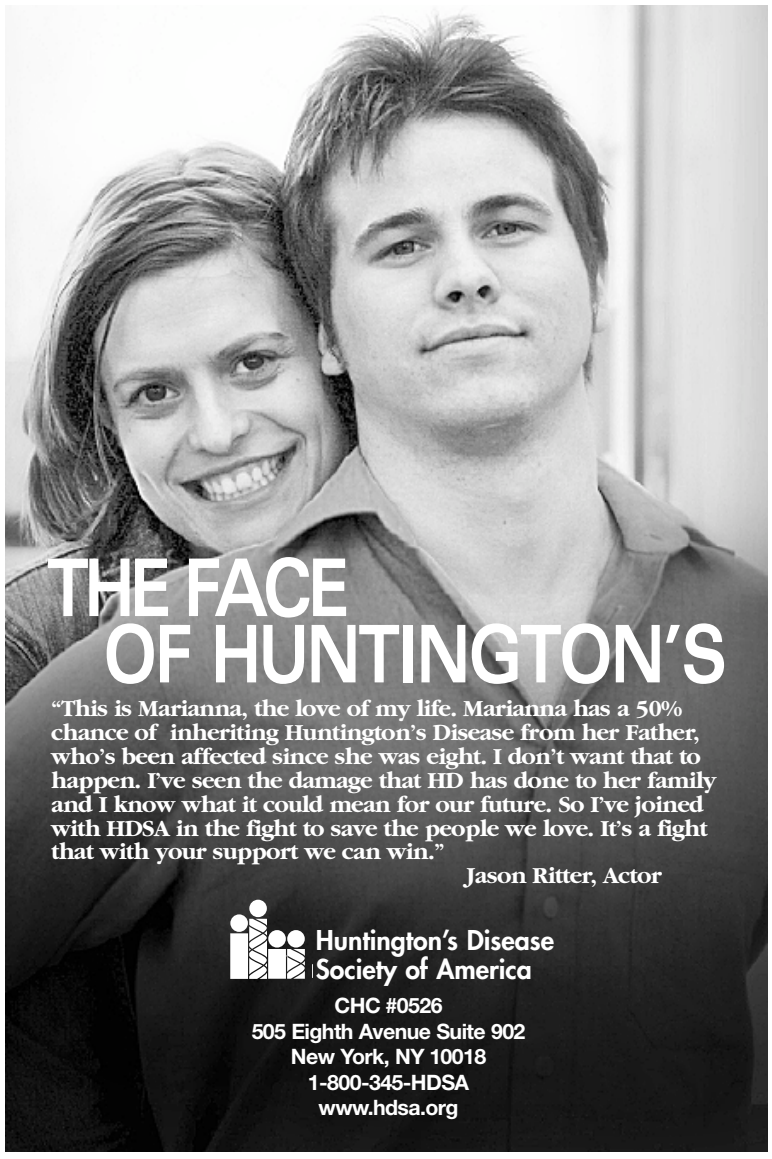
No. 6019

More children die from cancer than any other disease.

CCCA gives voice to childhood cancer patients, survivors and families. Our work focuses on improving the entire range of childhood cancer care, from the discovery and development of new therapies to quality follow-up care for hundreds of thousands survivors.

Designate CCCA as your charity for the Combined Federal Campaign and help us in the fight against childhood cancer.

www.childrenscause.org



Enjoy this sweet and crunchy chicken salad as is, on a bed of spring greens or slices of cantaloupe, or in an open-face sandwich—even in hollowed-out apples for a fun presentation.

Ingredients:

12 ounces chicken tenders
Vegetable oil spray
1/4 cup fat-free or light sour cream
2 tablespoons fat-free half-and-half or fat-free milk
2 tablespoons fat-free or light mayonnaise dressing
1/2 teaspoon curry powder (optional)
1/4 teaspoon salt
1/4 teaspoon pepper
3/4 cup halved green or red seedless grapes
1 medium rib of celery, thinly sliced
1/2 cup finely chopped red onion
1/4 cup finely chopped dried apricots
1/4 cup finely chopped walnut pieces, dry-roasted

Directions:

Discard all visible fat from the chicken. Heat a large nonstick skillet over medium heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the chicken for 5 minutes on each side, or until no longer pink in the center. Transfer to a cutting board to cool slightly.

Meanwhile, in a medium bowl, whisk together the sour cream, half-and-half, mayonnaise, curry, salt, and pepper until completely blended.

Stir in the remaining ingredients except the chicken. Chop the cooled chicken into bite-size pieces. Stir into the salad. Serve or cover and refrigerate for up to 24 hours.

Dietary Information per serving:

Serves 4
1/2 cup Per Serving
Dietary Exchange
- 1 fruit
- 1 vegetable
- 3 lean meat

Nutrient Analysis
- Calories: 231
- Protein: 23 g
- Carbohydrates: 21 g

Total fat: 6.0 g
- Saturated: 1.0 g
- Polyunsaturated: 4.0 g
- Monounsaturated: 1.0 g

Cholesterol: 52 mg
Fiber: 2 g
Sodium: 297 mg

This recipe is reprinted with permission from American Heart Association No-Fad Diet: A Personal Plan for Healthy Weight Loss, Copyright © 2005 by the American Heart Association (CFC Code: 0507). Published by Clarkson Potter/Publishers, a division of Random House, Inc. Available from booksellers everywhere. For more information, please visit www.americanheart.org.

Balancing Your Health and Career - Kidney Disease in the Workplace

By Michael Spigler, CHES

A serious illness can affect much more than your health. For many patients dealing with serious health conditions, the effects on their careers and financial well-being can be devastating. However, there are some steps a patient can take to remain an active part of the workforce.

First, let your employer know about your situation. They may be willing to provide you with a flexible schedule to accommodate your health care needs. You might also ask about working part time or from home. In some cases, it may be necessary to provide your employer with a note from your doctor.

If a change in your work schedule is not a possibility, you may need to take a medical leave of absence. The Family and Medical Leave Act (FMLA) allows many employees to take a medical leave of absence when faced with a serious health condition. To find out more about FMLA, visit http://www.dol.gov/esa/whd/fmla. If you are not eligible for FMLA, check to see if you are protected through any programs offered by your state or local government.

One condition that poses particular workplace challenges is kidney failure. Kidney failure is the permanent inability of the kidneys to do their jobs, such as making urine, removing wastes, and keeping the chemical balance of the body intact.

Those who are not able to get a kidney transplant face kidney dialysis three or more times per week for the rest of their lives. For some, these dialysis sessions can last up to five hours each and can cost many patients their jobs.

If you or someone you know is a dialysis patient, talk to your health care team about doing dialysis at home – a good option for patients who want to continue to work. Some dialysis clinics also offer evening dialysis or short daily dialysis, which can give patients a chance to have a more normal work schedule.

While there are ways to manage kidney failure in the workplace, the best option is to not develop the disease at all. Over 70 percent of new kidney failure cases are caused by diabetes and high blood pressure. By knowing your risks, getting tested, and catching kidney disease early, you may be able to avoid kidney failure. To learn more about managing or preventing chronic kidney disease, call the American Kidney Fund's toll-free HelpLine at (866) 300-2900 or visit us online at the website listed below.

Provided by the American Kidney Fund (CFC Code: 0508). For more information, please visit www.kidneyfund.org.

Symptoms began at age 10

Diagnosed with lupus, age 19

Unable to participate in activities with her kids, age 30

First heart attack, age 35

Disabling joint pain at 40

There's More to Lupus Than You Know

Lupus is an autoimmune disease that causes inflammation and tissue damage to virtually any organ system in the body. While lupus affects mostly women of childbearing age, women and men of all ages and children can develop lupus. Its health effects can range from mild to life-threatening.

CFC #0533

BBB Wise Giving Alliance Standards give.org

Community Health Charities
WORKING FOR A HEALTHY AMERICA

Call the Lupus Foundation of America at 888-38LUPUS or log on to our website at www.lupus.org to learn more.

LUPUS Foundation of America, Inc.

Thank You!

Community Health Charities of the National Capital Area (CHC-NCA) would like to thank corporations and their employees throughout our area who continually support the health of our community by giving both time and money to CHC-NCA member health agencies.

A special thanks to military and federal employees who have supported CHC-NCA and its members for over 20 years through the Combined Federal Campaign. Your continued generous support of the health of our community is very much appreciated.

Volunteers Get It Done!

Community Health Charities of the National Capital Area (CHC-NCA) encourages everyone to get involved in their community. Through its member agencies, CHC-NCA helps coordinate numerous volunteer opportunities in the Washington DC metro area. From walks to golf tournaments to skill-based tasks, each and every CHC-NCA charity could use your help! By volunteering, you're not only giving your time to the community, you're enabling charities to more effectively serve the people who need them most.

So grab your friends, family or co-workers and get involved with Community Health Charities of the National Capital Area!

For a complete volunteer calendar, please visit www.healthmattersdc.org and click on "Volunteer Opportunities" or call 202.728.6717 for more information.

Get Healthy, Give Back

Caring for those in need is the central tenant of the healthcare industry. One of the most convenient ways that nearly everyone can contribute to the welfare of others is through charitable donations. Community Health Charities of the National Capital Area (CHC-NCA) makes charitable giving easy, coordinating pro bono corporate giving campaigns for businesses through the Health Matters at Work program.

Through these complimentary campaigns, employees are able to give back to their community and support CHC-NCA members that are close to their hearts. Using a payroll deduction system, employees are able to donate more over time than they would through a traditional one time gift. Employers and employees alike can have confidence in their donations, as members are subject to a strict application process annually before approved as a CHC-NCA member agency.

Charities participating in a corporate giving campaign receive funds from a payroll deduction system throughout the course of the calendar year. These rolling donations enable charities to consistently fund programs and services over time, increasing reach and improving efficacy.

The benefits of corporate giving campaigns are not limited to CHC-NCA members. By offering a campaign, employers demonstrate compassion for their employees which in turn, contributes to the well-being and productivity of employees in the workplace.

Community Health Charities of the National Capital Area works to ensure the efficacy and integrity of its corporate giving campaigns. The organization recently conducted proprietary research to identify elements employees would like most in a campaign. The resonating answer was choice. CHC-NCA delivers on this desire, extending the opportunity for employees to support more than 70 local and national member health-based organizations.

If your business is interested in learning more about how Community Health Charities of the National Capital Area can assist you with a corporate giving campaign in your workplace, please call (202) 728-6717.

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What Your Dollars Buy

$2.00	per pay period buys pain medication for a woman with terminal breast cancer for one day
$2.50	per pay period allows four people with HIV/AIDS to attend a community education program providing treatment & care information
$3.00	per pay period buys a wig for a child with cancer
$4.00	per pay period provides a home health aide to bathe a patient who can no longer get out of bed
$5.00	per pay period sends a child with irritable bowel syndrome to camp for one week
$10.00	per pay period provides free education sessions for caregivers and families of persons with dementia
$20.00	per pay period helps pay for a kidney patient's medication or utility bills, ensuring patients do not have to choose between one or the other

Community Health Charities of the National Capital Area
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PH: 202.728.6717 FX: 202.728.6739 www.healthmattersdc.org

Community Health Charities of the National Capital Area 2006 Member Agency Listing

MEMBER	WEB ADDRESS	NATIONAL CFC	LOCAL CFC
AIDS Research Foundation (amfAR)	www.amfar.org	0571	
ALS Association, The	www.ALSinfo.org	0501	6016
Alzheimer's Association	www.alz.org	0502	
AMC Cancer Research Center	www.amc.org	0503	
American Cancer Society	www.cancer.org	0504	
American Diabetes Association	www.diabetes.org	0505	
American Hearing Research Foundation	www.american-hearing.org	0506	
American Heart Association	www.americanheart.org	0507	
American Kidney Fund	www.kidneyfund.org	0508	
American Liver Foundation	www.liverfoundation.org	0509	
American Lung Association	www.lungusa.org	0510	6002, 6011
American Parkinson Disease Association	www.apdaparkinson.org	0512	
Arthritis Foundation	www.arthritis.org	0515	
Cancer Research Institute	www.cancerresearch.org	0517	
Center for Child Protection & Family Support	www.stopchildabusenow.org		6005
Children's Cause for Cancer Advocacy, The	www.childrenscause.org		6019
Children's Tumor Foundation	www.ctf.org	0550	
Community Health Charities	www.healthmattersdc.org	0500	6000
Cooley's Anemia Foundation	www.cooleysanemia.org	0519	
Crohn's & Colitis Foundation of America	www.ccfa.org	0541	
Cystic Fibrosis Foundation	www.cff.org	0520	6015
Depression & Bipolar Support Alliance	www.dbsalliance.org	0581	
Easter Seals	www.easterseals.com	0566	
Endometriosis Association	www.endometriosisassn.org	0524	
Epilepsy Foundation	www.efa.org/virginia	0525	6008
First Candle/SIDS Alliance	www.firstcandle.org	0561	
Friends of Clarendon House			6003
Huntington's Disease Society of America	www.hdsa.org	0526	6009
Juvenile Diabetes Research Foundation Int.	www.jdrf.org	0529	
Leukemia & Lymphoma Society, The	www.lls.org	0530	
Lupus Foundation of America	www.lupus.org	0533	
March of Dimes Birth Defects Foundation	www.marchofdimes.com	0534	
Montgomery County Stroke Association	www.mcstroke.org		6018
Muscular Dystrophy Association	www.mdausa.org	0536	
Myasthenia Gravis Foundation of America	www.myasthenia-va.org	0537	6004
NAMI (National Alliance for the Mentally Ill)	www.nami.org	0538	6001, 6010
National Headache Foundation	www.headaches.org	0567	
National Hemophilia Foundation	www.hacacares.org	0543	6022
National Hospice and Palliative Care Org.	www.nhpco.org	0544	
National Kidney Foundation	www.kidney.org	0545	
National Mental Health Association	www.nmha.org	0548	
National Multiple Sclerosis Society	www.nationalmssociety.org	0549	
National Parkinson Foundation	www.parkinsonfoundation.org	0552	6020
National Spinal Cord Injury Association	www.spinalcordinjury.net	0555	6025
National Stroke Association	www.stroke.org	0569	
No. Virginia Mental Health Foundation			6037
No. VA Mental Health Institute Advisory Council			6007
Parkinson's Disease Foundation	www.pdf.org	0557	
Prevent Blindness America	www.pbv.org	0554	6012
Primary Care Coalition of Montgomery Co.	www.primarycarecoalition.org		6024
Research to Prevent Blindness	www.rpbusa.org	0558	
Sickle Cell Association of the Nat'l Capital Area	www.scanca.org		6006
Sickle Cell Disease Association of America	www.sicklecelldisease.org	0539	
SIDS Mid-Atlantic	www.sidsma.org		6014
Spina Bifida Association of America	www.sbaa.org	0584	6021
St. Jude Children's Research Hospital	www.stjude.org	0560	
Tourette Syndrome Association	www.tsa-usa.org	0562	
United Cerebral Palsy Associations	www.ucp.org	0563	
Washington Home, The	www.thewashingtonhome.org		6038

Head of ho sehold.

AIDS has left 15 millio childre without o e or both pare ts. Help us give hope to this 'lost ge eratio ' — hope for a future without HIV/AIDS. **Support amfAR, The Fou datio for AIDS Research.**

Fou ded i 1985, amfAR is one of the world's leading nonprofit organizations dedicated to the support of AIDS research, HIV prevention, treatment education, and the advocacy of sound AIDS-related public policy.

I Washi gto , DC, which has one of the highest HIV/AIDS rates in the nation, amfAR is a leading advocate of HIV prevention programs that are based on scientific evidence and are known to be effective.

Over the course of its 20-year history, amfAR's investments in research have contributed to major advances in HIV prevention, treatment, and care. These advances have helped extend, improve, and save the lives of people around the world living with HIV/AIDS or vulnerable to infection.

It is this sustai ed commitme t to research that remai s our best hope for a future without AIDS.

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Community Health Charities
WORKING FOR A HEALTHY AMERICA

Desig ate #0571 i the CFC

Living and Working with the Unique Challenges of Parkinson Disease

Living with a debilitating disease like Parkinson can be particularly challenging for patients still active in the workforce. Symptoms of Parkinson disease are wide-ranging and include a reduction in the volume of speech, difficulty with fine hand movements required for many tasks, and overall fatigue and rigidity. These, combined with the stress of trying to minimize symptoms in public, can not only exacerbate the physical symptoms but can also create anxiety.

It is estimated that 25 to 35 percent of people diagnosed with Parkinson are still active in the workforce; some continue full or part-time employment for many years. While the diagnosis does not necessarily call for early retirement, it does call into question how you can best do your job and minimize work-related stress.

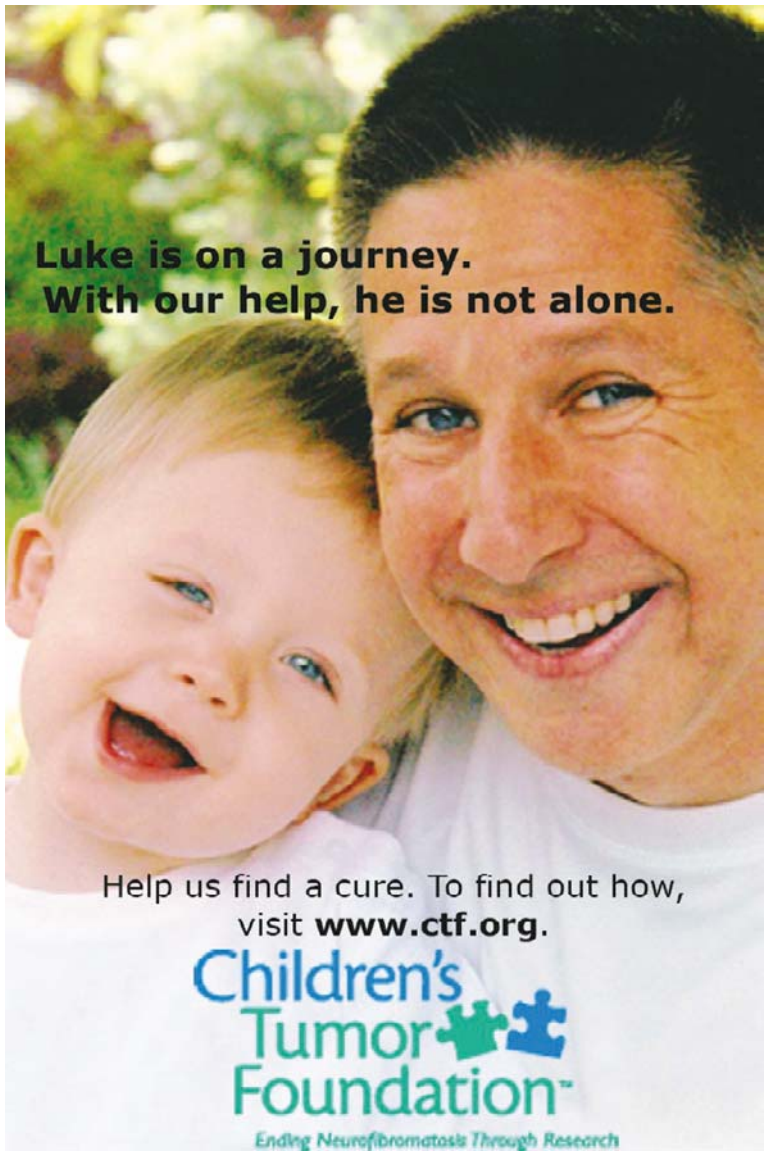
Ruth Hagestuen, RN, MA, Field Services Director for the National Parkinson Foundation, suggests that people living with Parkinson approach their jobs from a new perspective. She recommends that patients make an outline of their overall responsibilities and then break each area down into individual tasks. Then, they can consider whether or not their symptoms will interfere with their ability to carry out each task and can look for alternate ways of doing things if necessary.

"One of the biggest issues faced by Parkinson patients in the workplace is time management," says Hagestuen. "A task that used to take them a short amount of time can be more difficult and take longer to complete. By creating a schedule that allows them to set aside specific hours for time-consuming efforts, they can better balance their work and avoid feeling frustrated or overwhelmed."

The decision about when and how to share this information with an employer and co-workers is very individual. In most cases, however, people find it is a relief to share the information rather than to try to hide the symptoms. Often the support and understanding of co-workers is much greater than anticipated. It is natural to be apprehensive about their reactions to the news. If your symptoms are noticeable at a particular time, offer an explanation. Honest communication opens the door for the work team to make necessary adjustments to meet your needs and still maintain a productive workplace.

Anyone living with a chronic illness such as Parkinson needs strong social support, as it is hard to cope alone. Even people who were very independent before they were diagnosed may now need to develop a network of support. The National Parkinson Foundation is a good place to start, and the network will include physicians, pharmacists, rehabilitation therapists and friends.

Provided by the National Parkinson Foundation (CFC Code: 0552). For more information, please visit www.parkinson.org.



Headache Relief: Tips for a Headache Free Year

- Prepare for the morning the evening before. Set the breakfast table, make lunches, put out the clothes you plan to wear, etc.
- Get up fifteen minutes earlier in the morning. The inevitable morning mishaps will be less stressful. *When asked which home situations might increase their stress levels, 64% highlighted financial worries, while 55% answered fighting with their spouse and/or children. On a positive note, 43% said that spending time with family and friends helps them cope better.*
- Schedule a realistic day. Avoid the tendency to schedule back-to-back appointments.
- Allow 15 minutes of extra time to get to appointments. This way, unexpected delays won't make you late.
- Make sure your work space is ergonomically designed from your chair to your computer keyboard. Using a non-glare computer screen and proper lighting can also be helpful.
- If an especially unpleasant task faces you, do it early in the day; then the rest of your day will be free of anxiety.
- Check your breathing throughout the day, and before, during, and after high-pressure situations. If you find your stomach muscles are knotted and your breathing is shallow, relax all your muscles and take several deep, slow breaths. *The National Headache Foundation (NHF) asked which work situations might cause added stress and 50% replied worrying about deadlines, with 47% noting unpleasant tasks that they face.*
- Use your weekend time for a change of pace. If your work week is slow and patterned, build action and time for spontaneity into your weekends. If your work week is fast-paced and full of deadlines, seek peace and solitude during your days off.

Provided by the National Headache foundation (CFC Code: 0567). For more information, please visit www.headaches.org.

To Burn Off a Large Order of Fries (400 Calories)

A 160 pound person could burn off 400 calories in the time and activities shown below:

Activity	Minutes
Moderate walking	95
Scrubbing Floors	89
Dancing	70
Bicycling	39
Running	28

Provided by the American Cancer Society (CFC Code: 0504). For more information, please visit www.cancer.org.

Sneak Extra Exercise into Your Life

Experts continually assert that exercise decreases fatigue, strengthens bones and muscles, and enhances flexibility and stamina. Researchers are now finding that while daily activities cannot replace a regular fitness program, they are good for us. And that's good news – because it means you don't always have to sweat in a gym to improve your well-being.

Here are some examples of things you can do on a regular basis that can add up to a real workout.

Driving to Work:

Hold on tight. At red lights take advantage of the time by grabbing your steering wheel and gently pushing back into your seat. This isometric exercise is good for people with arthritis because it doesn't require you to make dramatic joint movement.

Dump the drive-through. Stopping for a fast food breakfast is not the healthiest dining option, but parking in the farthest spot from the door and ordering inside can give you the benefits of added activity. Remember to order grilled or low-fat menu items, not fried options. Most places offer healthier choices today.

Tummy- or butt-tuck. Try tightening your stomach or buttocks at a stoplight. Hold for 10 seconds and release. Sure, you may not break a sweat, but you are strengthening those muscles.

While at Work:

Look both ways before you type. Those times when you're just staring at the computer – say, waiting for a document to open – are a chance to stretch your neck muscles. Turn your head to one side, then the other. Keep your head level. Bend your head down, then back.

Stand on your tippy toes. You may talk on the phone a lot at work, so why not make it exercise? Strengthen foot and calf muscles by rising onto your toes while talking.

Delete your e-mail. Instead deliver messages to your co-worker in person.

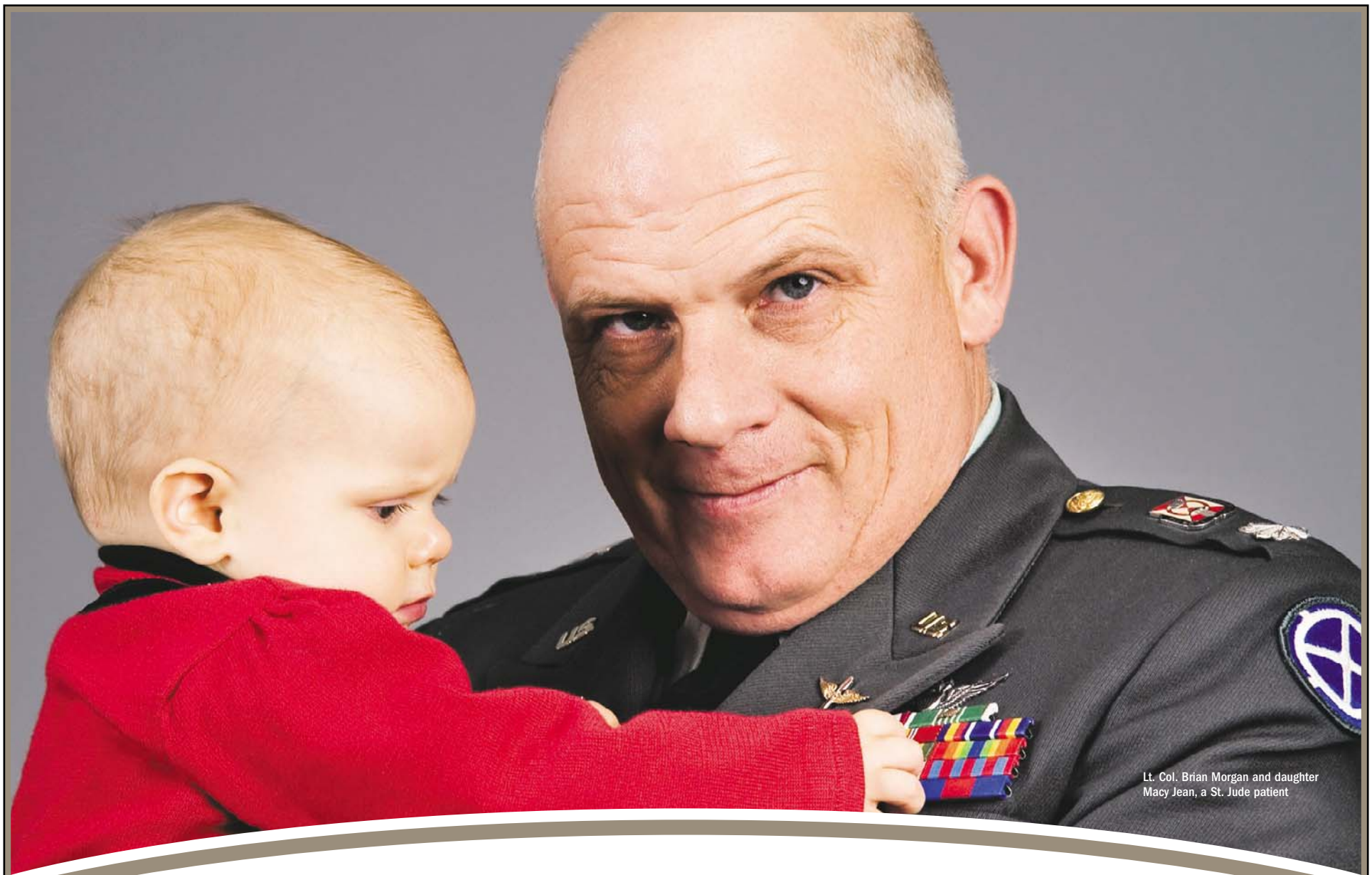
Shoulder roll. Gently roll your shoulders in a circle while sitting at your desk. Shoulder pain is the second most frequent reason for orthopedic surgeon visits (after knee complaints). Lack of exercise for this joint can cause pain, stiffness and eventually limited movement.

Relaxing during the Work Day:

Take a break. Get up and get a healthy snack or a glass of water. It may not seem like much, but studies show even small movements can help you burn more calories and contribute to keeping your weight down.

Shop to it. Some men may disagree that window-shopping is a form of exercise, but here's the good news … it is. Go to the mall or the city shopping area at lunchtime and walk briskly with some co-workers or by yourself.

Provided by the Arthritis Foundation (CFC Code: 0515). For more information, please visit www.arthritis.org.



Lt. Col. Brian Morgan and daughter Macy Jean, a St. Jude patient

While he works to defend our country, St. Jude works to save his daughter from cancer.

And like an American soldier, St. Jude Children's Research Hospital® will not accept defeat until every child is healthy. Join St. Jude and its fight against catastrophic childhood diseases today.

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